

We'll always have Paris: Chic eats from France

FEBRUARY 2015

# **gourmet**

The GCC's favourite food magazine

## **ROMANCING THE STOVE**

**Create  
a divine  
dinner  
for two**

**Hey  
Honey!**

SPREAD THE  
SWEETNESS

**Upper Crust**

Perfect pastry  
made simple

**SINGLE  
CELEBRATIONS**

Host the ultimate  
anti-Valentine's soirée



**Plus: GO BANANAS WITH THIS FEEL-GOOD FRUIT**





ONE BITE  
MANY  
EXPRESSIONS



# Pappa's cooked a new menu and you're invited!

In addition to the mouthwatering signature buns, PappaRoti is introducing a whole new delicious menu of scrumptious salads, freshly baked breads, nourishing sandwiches, and delectable muffins and tarts.

Get social with us and share your experience.

PAPPAROTI.AE



/PAPPAROTIUAЕ





# gourmet

• The GCC's favourite food magazine •



## In each issue

- Expert advice
- Food news
- Cooking tips
- Dining reviews



MORE THAN  
**30,000**  
DOWNLOADS

OVER  
**45**  
RECIPES EVERY  
MONTH

ALL  
**12**  
MAGAZINES  
PER YEAR

Free for a  
limited  
time

# Download Your Digital Issue Now!

Go to the App  
Store and search  
for Gourmet



facebook.com/AhlanGourmet







JASMINE BANDALI  
EDITOR, GOURMET

## Welcome to Gourmet!

There's nothing more amazing than waking up on Valentine's morning to hear my romantic hubby's attempts to make me a special breakfast in bed. Unfortunately, he's not what you might describe as a whizz in the kitchen, but it does get my day off to a smile as he clatters about trying to navigate where the mixing bowl might be kept. That said, he does always somehow manage to deliver a mean eggs on toast! Perhaps this is the year he'll take some inspiration from the lush ideas we have on page 48 but I do wonder what the state of my kitchen will be if he tries – we should definitely have a fire extinguisher handy!

If you find yourself a singleton though this month, there's no reason why you can't still join in the fun. Grab your best girlfriends and host an anti-Valentine's bash instead. With the simple but flavourful recipes we have for you on page 58, this is a simple menu that will leave you plenty of time to enjoy the party, and when food tastes this good, who needs a man? Whether you're going all out with a full-blown romantic meal or just enjoying the day with friends, let's raise our glasses to love in whichever form we experience it. Here's to the flavours of February!

*Jasmine*



### CHEAT'S CHERRY COMPOTE

I love the simplicity of our cover recipe which is as simple as boiling up 4 ½ cups of cherries with 1 cup of orange juice and ½ a cup sugar.

Simmer until the cherries soften, about 10 minutes, then remove the fruit and place in a bowl. Simmer the syrup for another 20 minutes, until thick enough to coat the back of a spoon and then add to the cherries. Cut some hearts from waffles using a cookie cutter, sprinkle with a dusting of icing sugar, and hey presto! Valentine's brekkie made easy!

### BRAD DOESN'T MINTS HIS WORDS!

Brad apparently gifted Ange with an unusual Valentine's gift one year in the form of a special breath mint concoction called 'Eat Whatever'. Not quite a tic-tac, this is a two step mint that is supposed to leave your breath instantly kissable, by swallowing a gel cap full of organic peppermint and parsley seed oils that dissolves in your stomach to provide an instantly calming effect and freshening your breath. While you wait for that to happen, you can suck on a delicious mint in the meantime, so you can get amorous right away. The reason for the weird present? According to a source, "It is sort of a joke... and not. He always teases her that she has bad breath." Charming!



Follow us on:



/AhlanGourmet



@Ahlan\_Gourmet



@GourmetUae



GourmetUae





## MARKET & PLATTERS

*The authentic Mediterranean market experience in the heart of Dubai*

Our unique concept focuses on a gourmet offering for keen foodies and chefs alike, as well as a range of ready-to-eat platters that provide fuss-free fine dining from the comfort of your own home.

### *The Market*

*Speciality produce from all around the world; premium seafood, heirloom vegetables and culinary gems from artisanal producers.*



### *Our Platters*

*Impressive dining solutions perfect for parties; a wide selection to choose from including artisanal cheeses, luxury shellfish and fresh cut sushi.*



@MarketAndPlatters



@MarketAndPlatters



@Market\_Platters

Pinnacle Tower, Dubai Marina  
+97144504466  
9am to 10pm Everyday  
[www.MarketAndPlatters.com](http://www.MarketAndPlatters.com)



# Inside February 2015

## 12 NEWS

The hottest places to celebrate Chinese New Year and Valentine's Day

## 16 THE TWOSOME

Zee TV's popular food duo Rohan and Trisha dish up what's new on their show this month

## 18 AT HOME

Show your love without saying a word with our pick of Valentine's homeware

## 20 THE FRIDGE FILES

We look inside the fridge of celeb stylist Kelly Lundberg to see how healthy it is

## 22 NEW OPENING: COYA

What to expect from this authentic eatery serving up a taste of Peru

## 24 OLD FAVOURITE: 101

This achingly cool eatery transports you from Dubai to St Tropez in 20 minutes

## 26 HOW TO: OPEN OYSTERS

Learn how to create this marine starter for a night of romance

## 28 3 WAYS WITH... HONEY

Use this natural sweetener to add an extra dimension to an everyday plate

## 31 THE DUBAI FOOD FESTIVAL

Back for its second offering and full of activity for the ultimate foodie

## 34 MY FAVOURITE DISH: FILET D'AGNEAU EN CROUTE DE SUMAC

Chef de Cuisine Niels Van Oers shows you how to create a special dinner for your loved one

## 36 MEAL AMORE

Check out behind the scenes images and recipes from Gourmet's Valentine's masterclass

## 41 IN SEASON: BANANAS

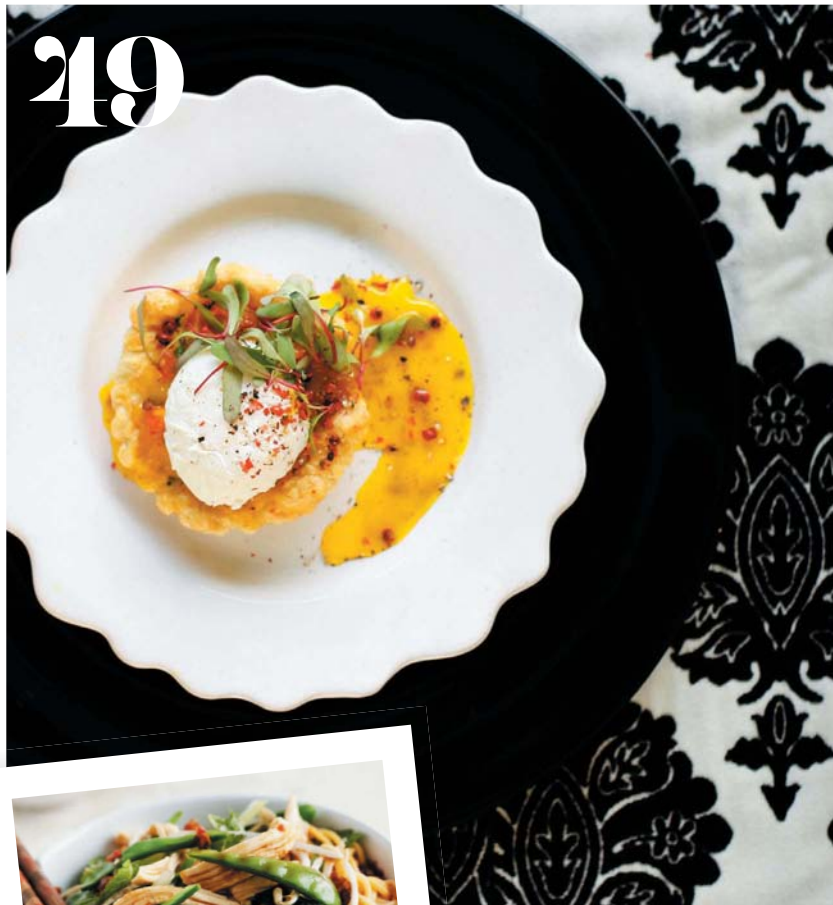
This fruit bowl staple is the perfect ingredient to start some monkey business with your loved one

## 49 BREAKFAST IN BED

Surprise your loved one with a tray of these delectable delights

## 52 JUST THE TWO OF US

A romantic dinner for two



## 58 ALL THE SINGLE LADIES

Grab the girls and host yourself an anti-Valentine's bash

## 64 CULINARY ESCAPES: PARIS

Celebrate your Valentine's in style in the city of love

## 68 PASTRY PERFECTION

Because everything tastes so much better with a buttery crust

## 74 DO'S AND DON'TS: CHOCOLATE LAVA CAKES

Tips and tricks to achieve the perfect melting middle to this ooey gooey dessert



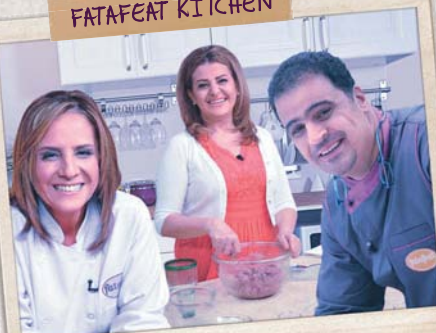


# FIND YOUR FLAVOUR

AT THE DUBAI FOOD FESTIVAL

## 6-28 FEBRUARY

### FATAFEAT KITCHEN



Galleries Lafayette, The Dubai Mall  
20th - 21st February



explore

### BEACH CANTEEN



Kite Beach  
6th - 28th February

6th - 28th  
STREET FOOD  
PHOTOGRAPHY EXHIBITION

7th, 28th  
URBAN FARM

8th - 26th  
FOOD TRUCK CONVOY

9th, 14th, 17th, 18th & 23rd  
MYSTERY DINING TOURS

12th - 14th  
DUBAI FOOD CARNIVAL

12th - 14th  
TASTE OF PERU

20th - 21st  
STREET NIGHTS

20th - 21st  
MASALA! FOOD FAIR

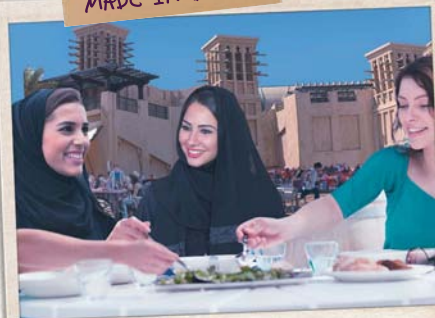
22nd  
WHAT'S ON  
BLACK HAT GUIDE LAUNCH

### DINE ON THE CREEK



Dubai Creek  
10th, 18th & 23rd February

### MADE IN DUBAI



Zabeel Park  
27th - 28th February

### FOOD & FILM



Citywide  
6th - 28th February

Discover more at:

[DubaiFoodFestival.com](http://DubaiFoodFestival.com)

@DubaiFoodFestival  
 @dxbfoodfest  
 @dxbfoodfest  
 #dubaifoodfest

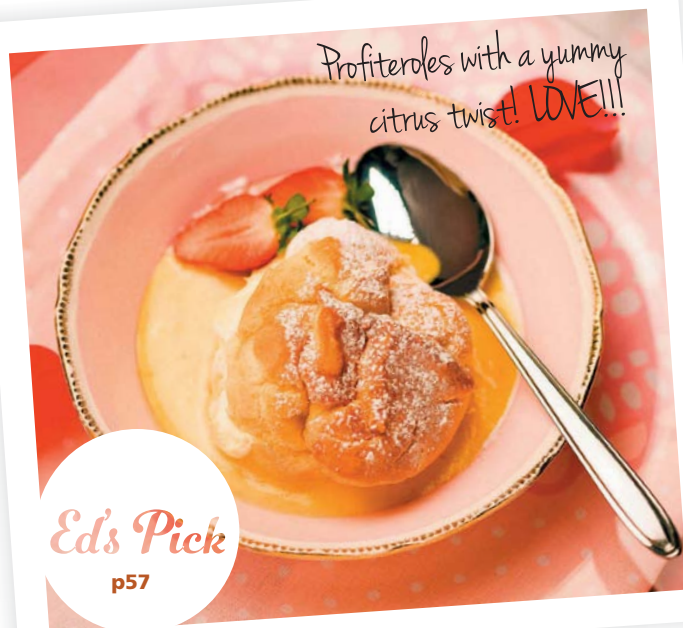


**DUBAI**

STRATEGIC PARTNERS







## Gourmet Conversions

Gourmet uses metric measurements in its recipes. Here's a simple guide to convert them if needed

### LIQUID MEASUREMENTS (APPROX):

Metric	Imperial		
5ml	1 tsp	n/a	½ tbsp
15ml	1 tbsp	½ fl oz	3 tsp
30ml	2 tbsp	1 fl oz	⅔ cup, 6 tsp
60ml	¼ cup	2 fl oz	4 tbsp
80ml	⅓ cup	2 ⅓ fl oz	5 tbsp + 1 tsp
120ml	½ cup	4 fl oz	8 tbsp
160ml	⅔ cup	5 ⅓ fl oz	10 tbsp + 2 tsp
175ml	¾ cup	6 fl oz	12 tbsp
205ml	⅞ cup	7 fl oz	14 tbsp
235ml	1 cup	8 fl oz/ ½ pint	16 tbsp
475ml	2 cups	16 fl oz/ 1 pint	32 tbsp
945ml	4 cups	32 fl oz	1 quart

### DRY WEIGHT MEASUREMENTS (APPROX):

Metric	Imperial		LENGTH	
Imperial				Metric
28.35g	1 oz	—	6mm	¼ inch
55g	2 oz	⅛ lb	1.27cm	½ inch
85g	3 oz	—	2.54cm	1 inch
125g	4 oz	¼ lb		
240g	8 oz	½ lb		
375g	12 oz	¾ lb		
454g	16 oz	1 lb		
907g	32 oz	2 lb		

# AHLAN! gourmet

## ITP PUBLISHING GROUP

REGISTERED AT DUBAI MEDIA CITY  
PO BOX 500024, DUBAI, UAE.  
TEL: +971 4 444 3000 FAX: +971 4 444 3030  
WEBSITE: WWW.AHLANLIVE.COM

CEO ITP PUBLISHING Walid Akawi  
MANAGING DIRECTOR Neil Davies

## ITP CONSUMER PUBLISHING

MANAGING DIRECTOR Ali Akawi  
DEPUTY MANAGING DIRECTOR Sue Holt  
GROUP EDITOR Sarah Hedley Hymers

## EDITORIAL

EDITOR Jasmine Bandali  
GROUP ART DIRECTOR Cate Warde  
CONTRIBUTING WRITER Samantha Wood  
CONTRIBUTORS  
Naomi Chadderton, Lucy McMurray

## PHOTOGRAPHY

DIRECTOR OF PHOTOGRAPHY  
Patrick Littlejohn  
SENIOR PHOTOGRAPHERS  
Rajesh Raghav, Efraim Evidor  
STAFF PHOTOGRAPHERS  
Lester Apuntar, Aasiya Jagadeesh, Mosh Lafuente, Ruel Pableo,  
Ausra Osipaviciute, Kate Lewis, Danny Allison, Grace Guino,  
Fritz Asuro, Sharon Haridas

## ADVERTISING

BUSINESS DEVELOPMENT DIRECTOR,  
AHLAN! GROUP  
Samar Bawab  
GROUP SALES MANAGER  
Walid Chehab  
GROUP SALES MANAGER  
Andy Soulahian  
T: +971 4 444 3418  
M: Mob: +971 52 849 6147

## MARKETING AND CIRCULATION

HEAD OF MARKETING & EVENTS  
Marc Jones  
CIRCULATION MANAGER  
Vanessa Deo  
RETAIL MANAGER  
Praveen Nair

## PRODUCTION & DISTRIBUTION

GROUP PRODUCTION &  
DISTRIBUTION DIRECTOR  
Kyle Smith  
PRODUCTION MANAGER  
Denny Kollannoor  
PRODUCTION CO-ORDINATOR Balasubramanian  
IMAGE EDITOR  
Nikhil Asok  
DISTRIBUTION EXECUTIVE  
Nada Al Alami

## ITP GROUP

CHAIRMAN  
Andrew Neil  
MANAGING DIRECTOR  
Robert Serafin  
CHIEF FINANCIAL OFFICER  
Toby Jay Spencer-Davies  
BOARD OF DIRECTORS  
Mary Serafin, KM Jamieson,  
Mike Bayman, Walid Akawi, Neil Davies, Rob Corder



Published by and © 2015  
ITP Consumer Publishing  
A division of ITP Publishing Group Ltd,  
registered in the British Virgin Islands Co. No. 1402846

The publishers regret that they cannot accept liability for error or omissions contained in this publication, however caused. The opinions and views contained in this publication are not necessarily those of the publishers. Readers are advised to seek specialist advice before acting on information contained in this publication which is provided for general use and may not be appropriate for the reader's particular circumstances. The ownership of trademarks is acknowledged. No part of this publication or any part of the contents thereof may be reproduced, stored in a retrieval system or transmitted in any form without the permission of the publishers in writing. An exemption is hereby granted for extracts used for the purpose of fair review.

Printed by United Printing Press LLC, Abu Dhabi.





## CUPtivate My Heart

Fun® Paper Cupcake Case  
Available in various colors





# NEWS

HOTTEST HAPPENINGS ON PLANET FOOD THIS MONTH

## FOODIE FEBRUARY

Between Valentine's, Chinese New Year and Shrove Tuesday, there's a lot to celebrate this Month!

### *4 Of The Best* Places to Celebrate Chinese New Year

It's the Year of the Goat and here are our top 4 picks for an all-out Oriental food fest



#### Hakkasan

The upscale eatery are offering a whopping nine-course menu in all three of its GCC outlets, which includes dishes that are said to promote happiness and prosperity, such as the spicy lamb lupin wrap, the grilled Chilean Seabass in honey and Abalone served with dry scallop fried rice. INFO: Dhs450 in Dubai, Dhs388 in Abu Dhabi and QR398 in Doha, 7pm-1am, 8 Feb-1 Mar, Dubai 04 384 8484, [www.hakkasan.com](http://www.hakkasan.com)



#### Ba

The four-course menu on offer here uses auspicious ingredients for a completely authentic affair. Dishes include the traditional New Year dish, Lo Hei, a fish salad that stems from the phrase's Cantonese meaning of 'tossing up good fortune', which will be served on request. INFO: Dhs588, 7pm-11.30pm, 18-19 Feb, Fairmont, The Palm, 04 457 3338, [www.dineatba.com](http://www.dineatba.com)



#### Sizzling Wok

If you fancy something a bit more casual, the Pan Asian restaurant will be laying on a buffet spread of Chinese delights including crispy duck and live cooking stations, along with a large selection of salads and desserts with two regular drinks included in the price! INFO: Dhs79, 8pm, 19-20 Feb, Citymax Hotels Bur Dubai, 050 100 7065, [www.facebook.com/SizzlingWokUAE](http://www.facebook.com/SizzlingWokUAE)



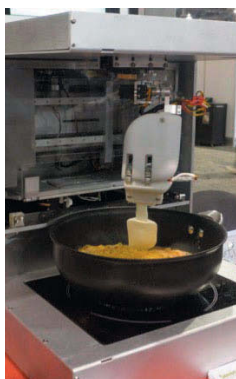
#### Zheng He's

The four-course set menu, available for both lunch and dinner will be serving up dishes such as marinated soy chicken with ginger and onion and wok-fried lobster with garlic and butter sauce. Traditional entertainment and dancers make dining here an experience. INFO: Dhs588, 19 Feb, Mina A'Salam, 04 366 5866, [www.jumeirah.com](http://www.jumeirah.com)

## LOOK OUT FOR THIS!

#### Robo Chef

The 'Cooki' from Sereneti Kitchen is a meal prep robot that literally cooks for you, adding the ingredients at just the right time, heating and stirring it up into a meal all by itself! Expected to be available in 2016.



#### HALALTRIP MOBILE APP

A new app launched by HalalTrip will allow users to locate and share new Halal food spots in the cities and rate Halal food across the world, allowing them to and upload images, comment and share via social media

to millions across the world. CEO Fazal Bahardeen of HalalTrip said, "Halal food is one of the most important aspects of Muslim travellers. We believe this will drive Halal tourism across the world as tourists use the app as a reference guide."



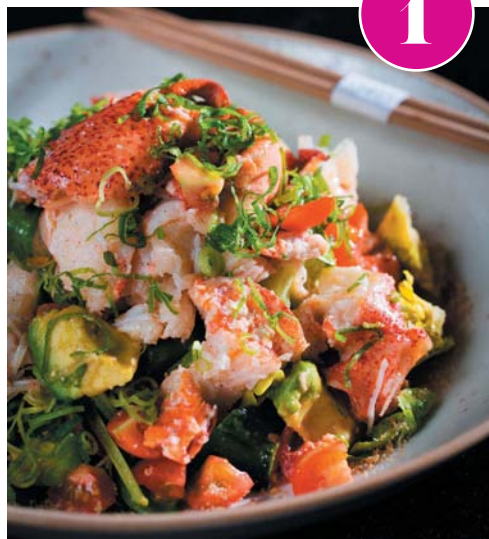
NEW!



# Top 5 for Valentine's Day

## Indulge at OKKU

The award-winning Japanese restaurant are laying on a magnificent spread for two which includes delicacies such as Dynamite Black Cod and Foie Gras Sushi. For an extra charge you can compliment your meal with a bottle of fine fizz **INFO:** Dhs890 per couple, Dhs1690 including bubbly, 7pm, Sat 14 Feb, The H Dubai, Sheikh Zayed Road, 04 501 8777, [reservations@okkudubai.com](mailto:reservations@okkudubai.com)



1

2

## High Flying Dinner Tour

Get with the trend and treat your loved one to a dinner tour. The evening starts with a limo pick up, which then transports you to one of the Emirate's flagship hotels for an insider tour of some of the suites, with courses served in two different restaurants. Guests will then be taken to the helipad for

a helicopter flight to another exclusive hotel where they will enjoy their final course under an aquarium, before returning home in the same limousine style. Limited to three couples only. It's not cheap but it's one helluva night out if you can afford it! **INFO:** Dhs9,120 per person, [www.limeandtonic.ae](http://www.limeandtonic.ae)



3



## DINNER UNDER THE STARS

Could there be anything more romantic than dining on a seven course menu under the stars with an exclusive rose petal entrance? There are only eight tables available for this exclusive pool deck offering, so book early to avoid disappointment. **INFO:** Dhs1850 per couple, including house drinks and Italian bubbly on arrival, JW Marriott Marquis, Business Bay, 04 414 3000, [www.jwmarriottmarquisdubailife.com](http://www.jwmarriottmarquisdubailife.com)

4



## BEAUTIFUL BOA

The celeb-endorsed steakhouse's three-course set menu for lovers includes delights such as US Black Angus tenderloin with Brussels sprout hash and black truffle butter. Yum! **INFO:** Dhs390 or Dhs440 per person including a glass of pink bubbles, 6pm-11.30pm, Eastern Mangroves Promenade, Abu Dhabi, 02 641 1500, [www.boaabudhabi.ae](http://www.boaabudhabi.ae)

5



## Mint Leaf of London

Looking for the ultimate intimate dining experience this Valentine's? Book a VIP experience at the Mint Leaf of London's private dining room (PDR), which ensures complete privacy and the undivided

attention of your own waiter. If you're not lucky enough to get your own private space, diners will be ensured a memorable meal with the creative three-course set menu on offer, which includes spiced crust soft shell crab, pan seared venison loin with truffle scented

lemon rice and rose and strawberry mousse. **INFO:** Dhs4,999 per couple for exclusive use of the PDR, Dhs849 with bubbles, Dhs599 including soft drinks, Sat 14 Feb, 15th floor, Emirates Financial Towers, DIFC, 04 706 0900, [reservations@mintleafdubai.com](mailto:reservations@mintleafdubai.com)



## Editor's wish list Here's what I'm excited about this month



### Pancakes Galore!

Since I was little, I've always been excited about eating yummy pancakes on Shrove Tuesday and now I can get my fix with zero effort because the Rivington Grill will be serving up the classic lemon and sugar variety all day long for just Dh\$15! INFO: 17 Feb, Souk al Bahar and Souk Madinat Jumeirah, 04 366 5866, [www.rivingtongrill.ae](http://www.rivingtongrill.ae)



### BLK arrives in Dubai

I've crossed over to the dark side with this new black super-hydrating water which is now available on our shores. A favourite with the A-list, the unusual hue is the result of fulvic trace minerals added to pure water, which is packed with the same benefits as sports drinks but minus the carbs, calories, sugar or caffeine. INFO: Dh\$18, Salt, Kite Beach



### Dark Roasted Caffeine Fix

I cannot start my day without a strong coffee, so Tim Horton's newly released dark roast premium variety is right up my street! Boasting a blend of the finest Arabica beans, this is a cup that offers hints of citrus, cocoa and earthy tones with a rounded body, for a wake-me-up that's smooth without being bitter.

## Go-to Gadgets

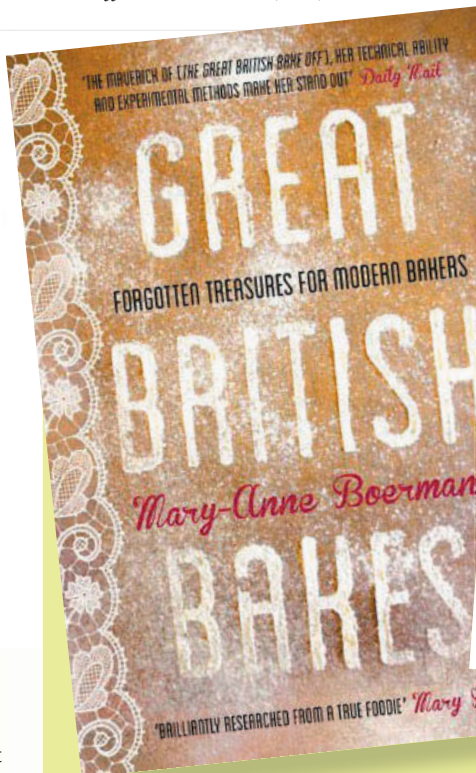
### Kitchen Pizza Scissors, Amazon.com, Dh\$88

Traditional pizza slicing tools leave everyone debating who got the bigger slice, but with these nifty scissors you can be sure that no-one gets short-changed!



### Ice Ball Maker Mould, Amazon.com, Dh\$36

Forget cubes, it's all about spheres in the ice world of late. This silicone mould works to produce spheres that cool your drink without diluting it, and we think they look oh-so-pretty too!



BESTSELLER:  
BOOK  
OF THE  
MONTH!



## GREAT BRITISH BAKES

Forgotten Treasures for Modern Bakers

BY MARY-ANNE BOERMANS

If there's one thing the Brits know how to do, it's how to bake up a storm.

This book delves into the history of the Nation's greats, to deliver a collection of recipes that include Welsh honey cake, lace meringues, rich orange tart, butter buns, pearl biscuits and chocolate meringue pie. Triple tried and tested, this special compilation ensures baking success every time.

INFO: Dh\$130, Kinokuniya, Dubai Mall, 04 434 0111,

[www.kinokuniya.com](http://www.kinokuniya.com)





GOURMET EXPERT

## INSIDER DINER

Restaurant guru Samantha Wood of Foodiva.net serves up the latest on the UAE's dining scene



### The UAE's First Smokehouse

The UAE has its first smokehouse. We may have Fūmé with a handful of smoked dishes – but Dubai's Perry & Blackwelder is a new casual American restaurant dedicated to all food smoked over a barbeque. It sits in

Souk Madinat Jumeirah replacing the infamous and rather tired Barzar. Dishes to try are the prime beef short ribs and mac and cheese. **INFO:** 12noon-2am daily, Souk Madinat Jumeirah, 04 366 6197, [www.perryandblackwelder.com](http://www.perryandblackwelder.com)

### Gossip!

Jean-Georges Vongerichten's first restaurant in Dubai opens at the Four Seasons in April with Colin Clague of Q'bara fame moving across as executive chef.



### From New York to Dubai with Junoon

Remember Marrakech in the Shangri-La Dubai? Well it's long gone and in its place sits a new modern Indian restaurant Junoon, imported from New York where it boasts a Michelin star. The menu features five Indian cooking techniques; tandoor (clay oven); tawa (cast iron cooking); sigri (open fire pit); handi (curry); and patthar (stone cooking). From what I tried and tasted, the tandoori poussin, lamb chops with black chickpeas in an achar sauce, the fried brussel sprouts and the egg-stuffed burji should be on your order. **INFO:** Lunch Sun-Thur 12-3pm, Fri-Sat 12noon-3.30pm, Dinner Sat-Wed 6.30pm-12midnight, Thu-Fri 6.30pm-12.30am, Shangri-La Dubai, 04 405 2716, [www.junoonrestaurants.com](http://www.junoonrestaurants.com)



### WHERE IS THE NEXT POP-UP?

Pop-ups and supper clubs are a key trend here in the UAE this year. Even major hotel chains are jumping on the bandwagon. Starwood (the operators of hotel brands like Sheraton, Le Meridien, Westin and Luxury Collection amongst others) has teamed up with social concierge Lime & Tonic to bring a series of pop-up dinners at 'secret' locations within its UAE hotels, each with a different host and theme – all under the hashtag #SPGSeriousEats (SPG denotes its loyalty programme). The next event is on 17th February in Abu Dhabi.

**INFO:** From 6.30pm, [www.limeandtonic.com/dubai](http://www.limeandtonic.com/dubai), [www.spgserious eats.com](http://www.spgserious eats.com)

## Spend Vs Splurge Valentine's Chocolate Boxes

### Forrey & Galland, Dhs360

The gourmand chocolatier have especially created this beautiful black lacquered box, which encases a selection of 27 heart-shaped chocolates, with flavours like praline and passion fruit for a decadent chocolate fix. **INFO:** Lower Ground Floor, Dubai Mall, 04 339 8850, [www.forreygalland.com](http://www.forreygalland.com)



### Cocosia Artisan Chocolate, Dhs130

This meticulously hand-crafted box boasts Swiss chocolate at its finest, entwined with individual fillings of raspberry, rose and cashews, and smooth orange ganache with a spicy cayenne pepper twist. Available for pick up or delivery. **INFO:** Shop 2 and 3, Rasis Business Centre, Al Barsha 1, behind MOE, 04 395 0977, [www.cocosia.ae](http://www.cocosia.ae)





The Josh FM team



The gorgeous table setting at Sra Bua



Trisha and Rohan take a break between scenes

# VALENTINES FOR THE TWOSOME

Rohan and Trisha share their love... of food!

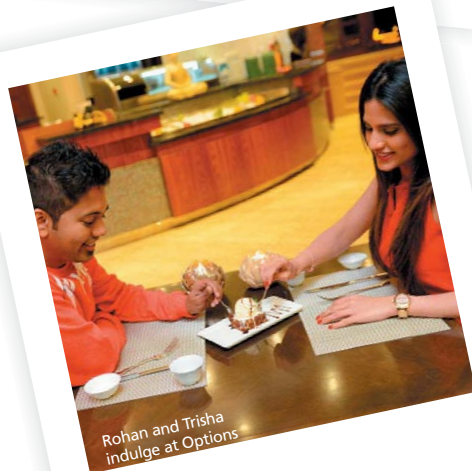
**T**he popular cooking show, *The Twosome* on Zee TV features duo Rohan Vanmala and Miss India Qatar, Trisha Verma, serving up 4 power-packed culinary episodes, as they focus on cuisine from around the globe and the relationship between food and the impact it has on interpersonal relationships.

This February, is all about fun and frolics as *The Twosome* celebrates the season of love, but before getting mushy in the middle of the month, the first twosome to be featured are Valda and Parikshit, two popular names from the UAE Hindi radio station, Josh FM, whose energy and camaraderie throughout the episode makes this a must-watch, especially when

Parikshit chooses an out-of-this-world mango yoghurt trifle for Valda.

In the Valentine's special, the ironically single and ready to mingle hosts, bask in each other's company and try some weird and wonderful concoctions such as a strawberry chicken dish which they will show you how to make at home yourself, before we see them indulging at Pan Asian restaurant, Sra Bua at the Al Murooj Rotana in Dubai's Downtown district, where Trisha was bowled over by their dish of beef with broccoli. Get the recipe on the opposite page! 

**INFO:** *The Twosome* airs every Friday at 12noon, with a repeat episode on Saturday at 12noon every week on Zee TV Middle East



Rohan and Trisha indulge at Options



## THE TWOSOME'S RECIPES OF THE MONTH:

### SRA BUA'S BEEF WITH BROCCOLI

SERVES 2

#### INGREDIENTS

250g flank or sirloin steak  
1 ½ tsp soy sauce  
1 tsp cornflour  
Freshly ground black pepper, to taste  
500g, cut into bite-size florets  
1 tbsp sunflower oil  
2 tbsp low fat Yoplait yoghurt  
1 clove garlic, finely minced  
1 tsp grated fresh ginger  
1 tsp Knorr All-In-One seasoning powder  
**FOR THE STIR FRY SAUCE**  
3 tbsp oyster sauce  
2 tsp Chinese black vinegar  
or young balsamic vinegar

#### METHOD

- 1 Slice the flank steak across the grain into strips.

- 2 In a bowl, combine the beef with the soy sauce, cornflour, black pepper and 1 teaspoon of Knorr All-In-One seasoning powder and add two tablespoons of yoghurt in order to tenderise the beef. Marinate for 10 minutes at room temperature.
- 3 In a small bowl, mix together the ingredients for the stir fry sauce and set aside.
- 4 Place 1 cup of water into a wok or large sauté pan and bring to the boil.
- 5 Add the broccoli and cover to steam for 3 minutes. The broccoli should be bright green, crisp tender and you should be able to pierce the stem with a fork. Drain.
- 6 Discard the water in the wok and dry the pan well.
- 7 Set the pan over high heat, and swirl in the sunflower oil.
- 8 When the wok is hot, add the marinated beef, using tongs to spread the beef out all over



the surface of the wok in one layer.

- 9 Let the beef cook, undisturbed, for 2 minutes, until nicely browned.
- 10 Flip the beef, again spread the beef out over the wok and brown the other side.
- 11 Push the beef to one side then add the garlic and ginger.
- 12 Stir fry the garlic and ginger

for 30 seconds, then mix together with the beef.

- 13 Pour in the stir fry sauce and stir to combine.
- 14 Simmer until the sauce is thick enough to coat the back of a spoon, about 15 seconds.
- 15 Add the cooked broccoli back into the wok and toss to coat well before serving.



*Meanwhile, Rohan needed a sugar fix and got busy persuading the head chef at Sanjeev Kapoor's Options restaurant to make him an exclusive recipe that isn't even available on the menu!*

#### METHOD

- 1 Preheat oven to 180C.
- 2 Line a 20cm by 20cm pan with aluminium foil, draping some over the edges. Spray the foil with baking spray.
- 3 Add ½ cup semi-sweet chocolate chips to a microwavable dish.
- 4 Microwave on half power for 1 minute. Stir. Continue to microwave at half power, in 30-second intervals until chips are melted. Set aside.
- 5 Sift the flour, salt, baking powder and cocoa in a bowl. Mix together.
- 6 In a separate bowl mixing bowl, mix the sugar, Yoplait yoghurt and vanilla until combined.
- 7 While mixing, gradually add the melted semi-sweet chocolate. Mix until incorporated.
- 8 Add the dry ingredients to the yoghurt mixture. Mix until combined.
- 9 Stir in the walnuts.
- 10 Pour the brownie batter into the baking dish.
- 11 Sprinkle milk chocolate chips and the remaining semi-sweet chocolate chips over the batter.
- 12 Bake for 38-32 minutes.
- 13 Serve with ice cream.

### OPTIONS' CHOC-YOGHURT BROWNIES

SERVES 4

#### INGREDIENTS

1 cup semi-sweet chocolate chips, divided  
1 cup sugar  
1 tsp vanilla extract

1¼ cup full cream Yoplait yoghurt  
1 cup flour  
½ tsp baking powder  
½ tsp salt  
½ cup cocoa  
½ cup milk chocolate chips  
½ cup walnuts

***Next month...**  
Rohan and Trisha will be adding a touch of Bollywood to meals, by immersing themselves in contemporary Bollywood jazz training from Shiamak UAE. Watch out for their special performance for Holi which will be telecast in March!*





# Eat Your Heart Out

Show your love without saying a word with our pick of Valentine's kitchen goodies

- 1 Say it with biscuits kit, Lakeland, Dhs28
- 2 Heart cookie cutter, Lakeland, Dhs9
- 3 Set of 4 mini heart cutters, Lakeland, Dhs30
- 4 Heart silicone spatula, Amazon.com, Dhs24
- 5 Berard heart shaped board, Tavola, Dhs300
- 6 Dunoon bute mug heart strings mugs, Tavola, Dhs80
- 7 Wilton 6 cavity mini heart silicone mould, Tavola, Dhs45
- 8 Heart and arrow shape 4 ice cube tray mould, Amazon.com, Dhs18





- 9 Set of 5 heart cookie cutters  
Lakeland, Dhs30
- 10 Heart shaped tea cup, Amazon.com, Dhs92
- 11 Heart shaped cookie sheet, Lakeland, Dhs36
- 12 Breka bed tray, Tavola, Dhs370
- 13 Dotty cupcake presentation pack, Lakeland, Dhs48
- 14 Salt and pepper set, Amazon.com, Dhs44
- 15 Conversation heart cutters, set of 8, Amazon.com, Dhs40
- 16 Hearts chocolatier mould, Lakeland, Dhs70
- 17 Staub heart cocotte, Tavola, Dhs495



# THE FRIDGE FILES

WE TAKE A PEEK IN THE FRIDGE OF CELEBRITY STYLIST, **KELLY LUNDBERG** TO SEE HOW HEALTHY IT IS

*"I love eggs – you really can make a meal out of them at any time, scramble, fry, poach, boil, make pancakes or even my famous eggy bread"*



Kelly Lundberg

**How much do you usually spend on your weekly shop?**

You'd have to ask my husband, he does the weekly shop!

**What is your typical daily diet?**

I am not the most adventurous when it comes to a varied diet. I know what I like and don't find it easy to explore new things. Most days start the same with a green juice, normally homemade! I tend to graze through the day on energy packed snacks such as naked bars, fresh raspberries, and hummus, rice cakes and indulge in a little cheese. Where possible, I will eat my main meal of the day around 430PM, which tends to be either chicken or fish.

**What's the strangest thing you eat?**

A chocolate coated waffle cone, with birthday cake flavoured ice cream, cookie dough and m&m's. I know it sounds bizarre but it really does taste good.

**Which three foods couldn't you live without?**

Cheese, red velvet cupcakes and my daily green juice.

**What's your guilty food pleasure?**

Red velvet cupcakes – I have a really sweet tooth.

**What's your ultimate comfort food?**

My husband's Sunday roast.

**What is your favourite takeaway order?**

Pizza. I just love it!

## VERDICT

**Health expert Dima Al Sharif Says:**



Your fridge is packed with healthy food, which is good for you. Ginger is an amazing ingredient

for your immunity, which is also an anti-inflammatory. I love that it is packed with veg, however, I would advise incorporating a bit more fruit into your diet, which have very necessary anti-oxidants and vitamins. Cheese and eggs are perfect in moderation, and try to opt for some oily fish every once in a while for the omegas, which are amazing for the heart and prevention of cancer cells. Sweet things are fine in moderation and overall you have struck a good balance.

**FRIDGE HEALTH RATING 7/10**

## INSIDE KELLY'S FRIDGE

- Spinach
- Lemons
- Limes
- Tomatoes
- Fresh ginger
- Cucumbers
- Milk
- Sparkling water
- Diet Coke
- Chicken
- Beef
- Red Peppers
- Onions
- Garlic
- Sweet potatoes
- Hummus
- Raspberries
- Cheese
- Maltesers
- Anchor butter
- Unsalted butter
- Cranberry juice
- Stock cubes
- Relish
- Mayonnaise
- Jam
- Yoghurt



# Lafayette

## G O U R M E T

### C A T E R I N G   &   E V E N T S

Experience the diverse culinary delights that Lafayette Gourmet has to offer. Whether you are planning a formal dinner party, corporate lunch, a cocktail reception, a wedding or a full scale buffet with interactive cooking stations...

Lafayette Gourmet will ensure that your event will be truly distinctive.



GALERIES LAFAYETTE, THE DUBAI MALL, 2ND FLOOR  
lafayettegourmet.chef@medsdubai.com | Tel. 04 339 9933



GalleriesLafayetteDubai



LafayetteGourmet

Lafayette  
G O U R M E T





## NEW OPENING

# COYA

Peruvian cuisine makes its mark on Dubai's culinary scene

Given the hype surrounding the opening of the much anticipated opening of the Four Seasons Jumeirah Beach late last year, with promises of it being Dubai's unparalleled dining destination, our trip to Coya, is full of expectation. Set within the confines of the resort's 'Restaurant Village' which will combine a number of world-class restaurants in the months to come (celeb-endorsed Turkish steakhouse Nusret has already opened its doors and Jean-Georges Vongerichten's first restaurant in Dubai is set to make its debut in April), Coya is Peruvian cuisine at its finest. Having won the accolade of being London's 'Restaurant of the Year' at 2014's Lifestyle Awards, and brought to Dubai by the same operators of hotspots Zuma and Le Petite Maison, it's fair to say that Coya is blessed with the recipe of success.

To our surprise, upon arrival, the restaurant and lounge (which serves infusions of authentic Peruvian tipples, Pisco), is much smaller than we imagined; an intimate setting of dark, nefarious lighting, to create an intriguing ambience we imagine. To be honest, it only makes it more difficult to see the menu and could be set a couple of notches brighter. However, zesty Incan colours, bespoke furniture and antique South American artwork gives this sultry venue a vibrant, contemporary vibe.

Despite it being the beginning of the working week, the venue is abuzz with activity, with tables filling fast in both sections and on-the-ball waiting staff anticipating your every need. So far, so impressive. The menu is a tad more complicated and we are grateful for the recommendations from our waiter, Vladamir, given that we have never tried Peruvian cuisine before. If you're wondering, it's actually a melting pot of influences brought in by the country's immigrants which range from Europe to Japan, which means that yuzu, is as frequent on the menu as truffle oil. It's certainly not boring, let's put it that way.


We begin with a ceviche of red snapper flavoured with truffle, ponzu and chives; a perfectly light and flavoursome way to start the meal, followed by skewers of barbecued prawns and Seabass



The intimate dining area packs out fast even on weekdays

spring rolls. Each dish is small but fresh and satisfying, and rather than leave you hankering for another skewer as only two come in the portion, it epitomises the term 'culinary journey' as we eagerly anticipate the main course.

We opt for the Solomillo de Res, a spicy beef fillet flavoured with spring onions and star anise. To say it is spicy is something of an overstatement. You may expect the fiery tastes of red chilli, given the way it is presented beautifully, with flecks of red and green, however, the kick is supremely mild but flavourful with a pungent aroma of aniseed dominating the dish. Its unique taste tantalises the tastebuds and is a solid choice for the main event. To end, we share a corn sundae, one of the restaurant's signature dishes, a dense, yet velvety ice cream with fruity elements of pineapple and the addition of salted popcorn which serve to heighten flavour profiles.

In a nutshell, Coya surpasses all expectations, and is definitely on our radar for being Dubai's newest classy joint to see and be seen at (if they just increase the lighting a notch for clearer vision). We predict that this fresh and exciting concept will make this a city hotspot for years to come. 

**INFO:** 12noon-3.30pm and 7pm-2am daily, Restaurant Village, Four Seasons Resort Dubai, Jumeirah Beach Road, Jumeirah 2, 04 316 9600, [www.coyarestaurant.com](http://www.coyarestaurant.com)





The magnificent entrance



Expect beautifully prepared seafood dishes

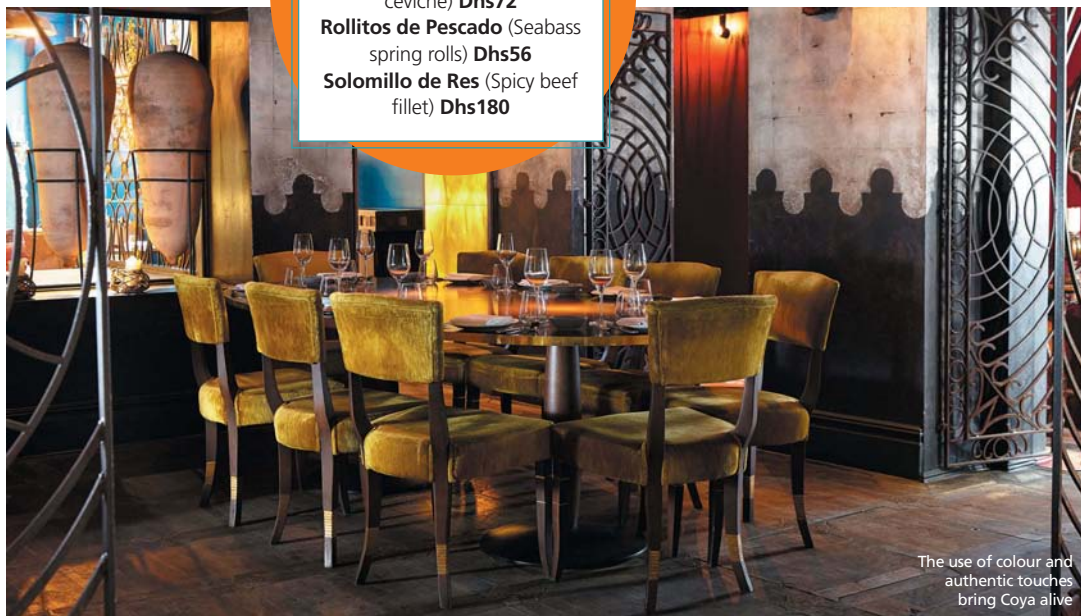
### TOP 3

#### Must-Try Dishes

**Pargo a la Trufa** (Red snapper ceviche) **Dhs72**

**Rollitos de Pescado** (Seabass spring rolls) **Dhs56**

**Solomillo de Res** (Spicy beef fillet) **Dhs180**



The use of colour and authentic touches bring Coya alive

### What To Wear

COYA



Dress, Topshop **Dhs295**



Shoes, H&M **Dhs199**



Bag, Lulu Guinness **Dhs1,300**



Jacket, Marks and Spencer **Dhs495**



Necklace, Swarovski **Dhs1,250** at Namshi.com

WORDS: JASMINE BANDALI, NAOMI CHADDERTON. IMAGES: SUPPLIED





## OLD FAVOURITE

# 101

Dubai's chic destination for the epitome of romance

**S**ituated at the very end of Palm Jumeirah's trunk, getting to 101 at the One & Only Palm Jumeirah by car is something of a mission. So you'll be grateful to know that there is a boat transfer from its sister property, the Royal Mirage in Dubai Marina. As you can imagine, setting sail at sunset on the Arabian Gulf provides wow factor and sets precedent for a romantic evening, but upon arrival, the sleek and chic open plan décor of wood, warmly lit with glowing cubes and flaming outdoor heaters feels like an instant vacation, transporting you to an intimate haven a million miles away from Dubai, with an achingly-cool, sophisticated St Tropez vibe.

Once seated, with a gorgeous view of Dubai's glittering skyline, we set about the important task of ordering from the vast amount of dishes on offer, crafted by critically acclaimed celeb chef, Yannick Alleno.

We begin with salad bowl of Mediterranean tiger

prawns, the beef tenderloin tartare and a creamy Burrata to share. Our server did warn us that this was quite a lot of food for two, at which we raise our eyebrows given the fine dining scenario and its reputation for small dishes. It turns out that he was right though, as these starters are some of the biggest we have ever seen.

The tiger prawn salad, immaculately dressed with a red pepper drizzle allows the delicate rocket lettuce to enhance the flavours of the sweet and tender morsels of meat. Similarly, the Burrata, served with a balsamic glaze and tricolour heirloom tomatoes, is as pleasing to the eye as it is to the palate, with the cheese literally melting in the mouth for a creamy explosion that will make you swoon.

Naturally, having more or less cleaned the plates, the main course is challenging, given that every possible staple is covered. Should we opt for the Seabass, pasta, steak, or perhaps a speciality from the Josper barbecue? While tempting enough to order something from

### TOP 3

#### *Must-Try Dishes*

**Mediterranean tiger prawns,**  
Dhs180

**Beef tenderloin,** Dhs245  
**Vanilla churros,** Dhs45

## 101'S PISSALADIERE

**SERVES 5**

Yannick Alleno's fabulous hot tapas is a flavoursome sharing plate made in minutes

### INGREDIENTS

- 2 ½ onions
- 1 ½ cloves of garlic
- 1 ½ sprigs of thyme
- A splash of olive oil
- 10 whole anchovies, halved
- 10 olives, halved
- 10 slices of focaccia bread
- Salt and pepper, to taste

### METHOD

- 1 Peel the onions and cut into fine slices.
- 2 Add some olive oil to a pan set over a medium heat.

- 3 Add the onion slices with thyme, garlic, salt and pepper and cook the onions until they become a soft and transparent.
- 4 Allow to cool.

- 5 Preheat the oven to 180C.

- 6 Toast the focaccia bread under the grill.

- 7 Add the onion mix on the top and place in the oven for 2 minutes.

- 8 Top with the anchovies and olives and serve.

every category, we decide to be sensible and order one main to share. We settle on the beef tenderloin served on a bed of cheesy rigatoni, which arrives charred to perfection to achieve a crisp crust, encasing the succulently juicy meat within.

To end, our server recommends the ubiquitous chocolate fondant, but to be honest, both our interests are peaked by the vanilla churros. Curiosity and comfort both win and we end up inevitably with two plates as we are unable to decide. The meltingly good chocolate paired with cool and creamy vanilla ice cream is always going to be a winner but the churros are even more impressive, with the hot, soft doughnut sticks served with dips of citrusy marmalade and ice cream. It's the star of the show and the perfect end to a romantic meal. If you're looking for an idyllic setting this Valentine's to impress your date, we suggest that you definitely make a reservation.

**INFO:** 12noon-1am daily, One&Only The Palm, 04 440 1010, [www.thepalm.oneandonlyresorts.com](http://www.thepalm.oneandonlyresorts.com)

## What To Wear AT 101



Top,  
Topshop  
Dhs195



Bag,  
H&M  
Dhs150



Necklace,  
BCBG Maxazria  
Dhs520



Shorts,  
Ted Baker  
Dhs875



Shoes,  
Charles & Keith  
Dhs295

Just check out  
that view!

101's impressive  
location is the perfect  
spot for romance



HOW TO...

# OPEN OYSTERS



Treat your loved one to these marine delights for a Valentine's night that starts off with a bang





1

Run oysters under running water to remove any loose grit or barnacles. Rub the shell with your fingers or use a stiff brush if you have one



2

Hold the oyster in a towel or oven mitt with the hinge (pointed side) sticking out. This will protect your hand if the oyster knife slips



3

With the flat side of the oyster up, insert the tip of an oyster knife near the hinge. You only need to insert the knife about 1½ cm



4

Holding the oyster firmly, slide the knife around the lip of the oyster until you reach the other side of the hinge. The oyster should remain level, so you don't lose the liquid inside. Keep the knife inserted about 1½ cm and the tip pointed slightly up

### Which knife?

*Do not use a regular knife to open oysters. There is too great a risk of slipping and severely injuring yourself. An oyster knife is a special blunted knife made for this purpose. They're inexpensive so if you're going to buy oysters in the shell, make sure you spend a little extra on getting a proper knife*



5

Keep the oyster level and pry the shell apart with your fingers. Before separating the shells completely, use the oyster knife to detach any muscle that still clings to the inside of the top shell. Remove the top shell



6

The oyster is now completely opened. Carefully wipe away any grit that may be on the inside of the oyster. Never wash an oyster after it has been opened as it affects the flavour. Place on a bed of ice or refrigerate until required



# 3 ways with... HONEY

Since ancient times, the use of honey between lovers has been associated with love, bliss and romance... eat some today!

# 1

## NOODLES WITH SPICY HONEY GRILLED CHICKEN

**SERVES 6**

*A sticky honey-soy concoction that makes an epic quick dinner*

### INGREDIENTS

2 boneless, skinless chicken breast halves  
2 cups broccoli florets  
1 small red bell pepper, cut into thin slices  
1 medium carrot, thinly sliced

1 package Asian style noodles  
2 spring onions  
¼ tsp Chinese five-spice powder  
2 tbsp sesame seeds  
1/3 cup rice vinegar  
¼ cup honey

2 tbsp peanut butter  
2 tbsp soy sauce  
2 tbsp sunflower oil  
1 tbsp sesame oil  
2 cloves garlic, finely chopped  
1/3 tbsp crushed red pepper flakes  
¼ tsp ground ginger

### METHOD

**1** In a large bowl, combine the rice vinegar, honey, peanut

butter, soy sauce, sunflower oil, sesame oil, garlic, red pepper flakes and ground ginger.

**2** Place 3 tablespoons of the sauce to a large Ziploc bag.

**3** Reserve remaining sauce in bowl.

**4** Add the chicken to the marinade in the Ziploc bag, turning to coat.

**5** Close the bag securely and marinate in the refrigerator for





## PECAN HONEY BUN ROUND

**MAKES 12**

A lovely addition to an afternoon tea spread

### INGREDIENTS

50g butter, melted  
1/3 cup honey  
1/2 cup brown sugar  
1/2 cup pecans, roughly chopped  
1/2 cup milk  
50g butter, chopped  
A pinch of white sugar  
8g instant dry yeast  
2 1/2 cups plain flour  
2 eggs at room temperature  
1/4 cup caster sugar

### METHOD

- 1 Grease a 22cm round cake pan and line the base with baking parchment.
- 2 Combine the melted butter, honey and brown sugar in a bowl.
- 3 Pour mixture into the cake pan and sprinkle with pecans.
- 4 Place the milk in a microwave-safe bowl.
- 5 Microwave on high for one minute.

- 6 Add the chopped butter and pinch of white sugar to the hot milk.
- 7 Stir until the butter melts.
- 8 Add the yeast and stir to combine.
- 9 Place the flour, eggs and caster sugar in a food processor.
- 10 Add the milk mixture.
- 11 Process for 1 to 2 minutes or until mixture forms a ball.
- 12 Place dough on a floured surface. Knead for 2 minutes or until dough is smooth and elastic.
- 13 Divide dough into 12 pieces. Roll each piece into a ball.
- 14 Place, in a single layer, over the pecans.
- 15 Cover with clingfilm and allow to stand in a warm place for one hour or until doubled in size.
- 16 Preheat oven to 180C.
- 17 Bake the bun for 25 to 30 minutes or until golden and hollow-sounding when tapped on top.
- 18 Allow to stand in the pan for 5 minutes. Turn out onto a wire rack lined with baking paper and serve.

- 30 minutes, turning once.
- 6 Meanwhile, cook the broccoli, peppers and carrots in boiling water for 2 to 3 minutes, or until crisp tender; drain and set aside.
- 7 Cook the noodles according to the package directions and then drain.
- 8 Add the noodles, cooked vegetables and spring onions to the sauce in the bowl and toss to coat. Set aside.
- 9 Remove the chicken from

- marinade; discard marinade.
- 10 Sprinkle the chicken evenly with Chinese five-spice powder.
- 11 Grill over medium coals or under the grill for 6 to 10 minutes or until done, turning once.
- 12 Arrange the chicken on top of the noodle mixture.
- 13 Sprinkle evenly with sesame seeds and serve.

## TURNIP AND APPLE TART WITH CHEESE, HONEY AND POMEGRANATE

**MAKES 1 TART**

The honey isn't added until the dish is cooked but it's the drizzle of it at the end that truly makes this dish come alive

### INGREDIENTS

#### FOR THE PASTRY

225g flour, plus extra for dusting  
75g sugar  
1 egg  
140g butter, chopped, plus extra for greasing

#### FOR THE TOPPING

100g cream cheese  
100g blue cheese  
1 egg yolk  
20g icing sugar  
20ml apple juice  
1 tsp cornflour  
2 small apples, quartered, cored, thinly sliced and mixed with 2 tbsp lemon juice  
1 small turnip, peeled, quartered and thinly sliced  
1-2 tbsp melted butter  
3 tbsp honey  
2-3 tbsp pomegranate seeds  
Mint, to garnish

### METHOD

- 1 To make the pastry, mix together the flour, sugar and a pinch of salt.
- 2 Pile onto a work surface and create a well in the middle.
- 3 Crack the egg into the well and add the butter around the edges.
- 4 Quickly knead together into a smooth dough.
- 5 Shape into a ball, wrap in clingfilm and chill for 30 minutes in the fridge.
- 6 Heat the oven to 180C and grease a tart dish with butter.
- 7 Roll out the pastry onto a floured work surface and place in the prepared tart dish, creating an edge all the way around.
- 8 To make the topping, mix together the cream cheese, blue cheese, egg yolk, icing sugar, apple juice and the corn flour.
- 9 Spread thinly onto the tart base and top with the apple and turnip slices.
- 10 Finally, brush with the melted butter.
- 11 Bake for around 30 minutes.
- 12 Remove from the oven, drizzle with honey and sprinkle with pomegranate seeds.
- 13 Garnish with mint and serve.





# ABU DHABI FOOD Festival

COMING SOON

Our New  
Three Course Special

GOURMET ABU DHABI  
EMIRATI KITCHEN  
STREETFEAST



5 - 21 FEBRUARY 2015

*The World On Your Plate*

[abudhabifoodfest.ae](http://abudhabifoodfest.ae)



Official Media Partners

Time Out  
Abu Dhabi

WHAT'S ON

5-7 FEBRUARY  
EMIRATI  
Kitchen

5-7, 12-14,  
19-21 FEBRUARY  
STREET  
Feast

11-20 FEBRUARY  
GOURMET  
Abu Dhabi

هيئة أبوظبي للسياحة والثقافة  
ABU DHABI TOURISM & CULTURE AUTHORITY



# THE DUBAI FOOD FESTIVAL

A quick lowdown of what to expect at  
this culinary extravaganza



**T**he Dubai Food Festival is back for its second outing and it promises to be bigger and better than its first! Spanning across four themes; Emirati cuisine, homegrown restaurants, multi-cultural dining and street food and international chefs and restaurants, the festival kicks off on 6 Feb, and will feature a 23 day programme that's packed with everything from pop-ups to culinary tours. Promoting the diversity of the city's culinary landscape, it doesn't matter if you prefer fine dining or love casual bites, each of the 200 nationalities that make up Dubai's fabric are set to be represented through a multitude of flavours and cuisines through trade and consumer events, activities, promotions and appearances from the celeb food world.



Penny captures the art of street dining



## EMIRATI CUISINE

Despite the exponential growth of Dubai's food scene in recent years to incorporate diverse and international flavours, the culinary arts are currently celebrating a renaissance of ancient spices and ingredients native to the region, which brings us back to basics. In a nod to our city's heritage, the 'Made in Dubai' event from 27 to 28 Feb will showcase a whopping 96 delicious, yet often unknown dishes from the region at Zabeel Park through a series of tastings and masterclasses with local chefs and its free for everyone (bar the Dhs5 fee to get into the park itself).

## HOMEGROWN

This extravaganza's mainstay fixture will be the bigger and better 'Beach Canteen'. Taking residence at Kite Beach for the festival's entirety from 6 Feb to 28 Feb, nine of Dubai's best homegrown concepts and



Penny hits the shawarma stand



## INTERNATIONAL CHEFS AND RESTAURANTS

It's no secret that Dubai's vibrant culinary scene has drawn the attention of some of the most successful food influencers in the world, with celebrity chefs such as award-winning **Greg Malouf** and star of *Chopped* **Silvena Rowe**, choosing Dubai as their venue of choice for new concepts. Along with some of the biggest names in the culinary world, such as Heinz Beck and Atul Kochhar, the inaugural 'Dine on the Creek' event will see these renowned personalities serving up their dishes in traditional Emirati surroundings. Meanwhile, the *Fatafeat Kitchen* on 20 to 21 Feb will welcome regional and internationally acclaimed chefs such as Egyptian cuisine expert Chef Salma Soliman, to take part in live cooking demos.



restaurants will be offering an unparalleled beach dining experience, and excitingly, celeb chefs such as the Michelin-starred Jason Atherton (26 to 28 Feb), India's Sanjeev Kapoor (21 Feb) and Saudi Arabian Masterchef, Yousef Khamayes (6 to 7 Feb) will also serve from pop up restaurants at the same location, complete with DJs, children's activities and more. Other key events from this category include the 'Urban Farm', a local street food market with stalls exhibiting their dishes at both The Archive at Safa Park on 7 Feb and Creekside, Bur Dubai on 28 Feb.





## MULTI-CULTURAL DINING AND STREET FOOD

The allure of street food knows no bounds and in collaboration with the global food truck trend of late, an entire fleet of unique homegrown concepts will be pitching up in key locations such as Tecom, JLT and Emaar Square to deliver lunchtime pop-ups, on various dates throughout the festival. Vendors include Burger Fuel, Desert Chill, Panifico, Raw Coffee and Jakes.

Additionally, for lovers of food stalls and hawker food, the upcoming 'Street Nights' festival in the up-and-coming art precinct, Al Quoz, on 20 to 21 Feb, is sure to delight. A combination of street eats and art, a showcase of award-winning street photographer Penny De La Santos will also be on display. The street pics taken for our feature exclusively gives you an idea of what to expect...



## KEY FESTIVAL DATES AND VENUES

- **Beach Canteen**, 6 to 28 Feb, Kite Beach, Jumeirah
- **Dubai Food and Film**, 6 to 28 February, Various outdoor locations throughout the city
- **Urban Farm**, The Archive, Safa Park, 7 Feb
- **Food Truck Convoy**, 8 to 12 Feb, 15 to 19 Feb, 14 February, Dubai
- **GulFood**, 8 to 12 Feb, Dubai World Trade Centre
- **Mystery Dining Tours**, 9, 14, 17, 18, 23 Feb, various locations
- **Dubai Food Carnival**, 12 to 14 February, Dubai

- International Marine Club
- **Taste of Peru**, 12 to 14 Feb, Madinat Jumeirah Amphitheatre
- **Street Food Photography Exhibition**, dates throughout Feb, Dubai Airport
- **Fatafeat Kitchen**, 20 to 21 Feb, Galleries Lafayette, The Dubai Mall

- **Street Nights**, 20 to 21 Feb, Street 4B, Al Quoz
- **Masala! Food Fair**, 20 to 21 Feb, Zabeel Park
- **Made In Dubai**, 27 to 28 February, Zabeel Park
- **Dine on The Creek**, dates to be announced soon, Dubai Creek

For more info, go to [www.dubaifoodfestival.com](http://www.dubaifoodfestival.com)



## Try this at home...

### GREG MALOUF'S SALMON KIBBEH NAYEE

#### SERVES 4

An Australian of Lebanese descent, Michelin-starred Greg Malouf is credited as the creator of a new style of cooking known as 'Modern Middle Eastern' and has created a splash in Dubai with the opening of Clé Dubai, a restaurant featuring authentic cuisine with a twist of contemporary flavours and cooking techniques. Here is his twist to an authentic Arabian favourite

#### INGREDIENTS

- 400g Atlantic salmon, skinned, bloodline removed, finely minced and chilled
- 2 shallots finely chopped
- 1/3-cup burghul, (cracked wheat) white, fine grade, soaked for 8 minutes in 1/2 cup water, then squeezed dry
- 1/3 tsp allspice, ground
- 3 very small bullet chilli, deseeded and finely chopped
- Freshly milled white pepper, to taste
- Sea salt, to taste
- 3 tbsp extra virgin olive oil
- 2 blocks of ice
- Small salad leaves
- The juice of 1 lemon

#### METHOD

- 1 Chill a stainless steel bowl.
- 2 Mix together the minced salmon, shallots, cracked wheat, allspice, white pepper, chilli, sea salt and extra virgin olive oil with the ice.
- 3 Check the seasoning and adjust with extra chilli and salt if needed.
- 4 To serve, spoon the kibbeh onto a flat dish and spread out with a wet spatula to an even thickness.
- 5 Place a small mound of salad on top dressed with lemon, 2 tablespoons extra virgin olive oil, salt and pepper.
- 6 Drizzle the remaining extra virgin olive oil around the salmon.
- 7 Serve with thick Greek style yoghurt and pitta bread. 



## MY FAVOURITE DISH

# FILET D'AGNEAU EN CROÛTE DE SUMAC

One of the region's most critically acclaimed chefs, Niels Van Oers, serves up a classic French dish with a touch of Middle Eastern spice

**N**iels Van Oers, Chef de Cuisine of Brasserie Angélique, the award-winning restaurant at Jumeirah at Etihad Towers in Abu Dhabi, has previously worked at the Burj Al Arab in Dubai, in a Michelin-starred restaurant in Italy and as a private chef in France. Specialising in authentic French fare, chef Niels adds his own twist to traditional dishes, and here, reveals his recipe for a rather special dinner to cook for your loved one this Valentine's...

### FILET D'AGNEAU EN CROÛTE DE SUMAC

(Sumac crusted lamb loin, soubise purée, green pea, mint, jus gras)

SERVES 4

#### INGREDIENTS

4 pieces lamb loin

1 tsp sumac powder

#### FOR THE GREEN PEA SALAD

20g green pea cress

20g green peas

½ tsp cumin seeds

½ tsp cumin powder

4 mint leaves

10ml olive oil

10ml argan oil

White pepper, to taste

Salt, to taste

#### FOR THE SOUBISE PUREE

500g onions, sliced

100g butter

1 clove garlic, crushed

70ml chicken stock

A dash of black pepper

Salt, to taste

#### FOR THE JUS GRAS (SPLIT PAN JUS)

500g lamb trimmings and bones

2L chicken stock

1 carrot, cut into 1cm slices

1 onion, peeled and quartered

½ leek, cut into 1cm slices

½ celery stick, cut into 1cm slices

2 cloves garlic, crushed

3 sprigs of thyme

1 bay leaf

#### METHOD

**1** Roll the lamb loin tightly in clingfilm. Allow to rest in the refrigerator for 24 hours.

**2** Prepare your green pea salad by toasting the cumin seeds in a pan for one minute.

**3** Repeat this process and toast the cumin powder.

**4** Mix all ingredients together and season with argan oil, pepper and salt. Set aside.

**5** For the soubise puree, melt half of the butter in a wide casserole.

**6** Add the garlic, onions, pepper and salt. Cook on a low heat for 5 minutes while stirring.

**7** Add the chicken stock, cover and cook on low heat for 1 ½ hours until the onions are completely cooked.

**8** Transfer to a blender and blend while adding the remaining butter.

**9** Season if necessary with pepper and salt and set aside.

**10** Roast the lamb trimmings and bones on a tray in the oven at 200C for 15 minutes, until they are golden brown.

**11** Transfer the bones to a pot. Pour the fat remaining on the tray through a sieve and reserve for later.

**12** Deglaze the hot tray with some of the chicken stock, scrubbing the bottom of the tray to loosen any of the browning food residue still attached to the tray.

**13** Add all the vegetables, herbs, stock and deglazing liquid to the bones and bring to a simmer for 30 to 45 minutes.

**14** Strain through a sieve and reduce until you achieve a sauce-like texture.

**15** When needed, add the lamb fat and stir.

**16** Remove the clingfilm from the lamb and season with pepper and salt.


**17** Roll into the sumac powder.

**18** Sear of the lamb in hot oil, being careful not to burn the sumac.

**19** Bake in the oven at 200C for 4 to 5 minutes.

**20** Remove from the pan, cover with aluminium foil and allow to rest for 5 minutes.

**21** Serve with the green pea salad and the soubise puree.

**22** Dress with the jus gras. 







*“The Filet d’Agneau en Croûte de Sumac is one of the few dishes that adds a Middle Eastern twist to a traditional delicacy. With its delicate flavours and a hint of authentic spices, this dish always manages to leave me wanting more”*

CHEF NIELS VAN OERS



# MEAL AMORE AT TOP CHEF COOKING STUDIO

Gourmet gets romantic in the kitchen with sensual ingredients

**T**hey say that food is the language of love, so Gourmet, in collaboration with Top Chef cooking studio, held an intimate and exclusive class for three food-loving couples, in collaboration with gourmet grocery store, Market & Platters in Dubai Marina. Using the finest ingredients that are said to promote amorous feelings, Chef Hadrien Villedieu, who graduated from the Ecole Supérieure de Cuisine Française, and trained with renowned chefs such as Joel Robuchon, Jean-Pierre Vigato and Alain Passard, showed our participants how to create an amazing three-course Valentine's menu, worthy of a master chef.



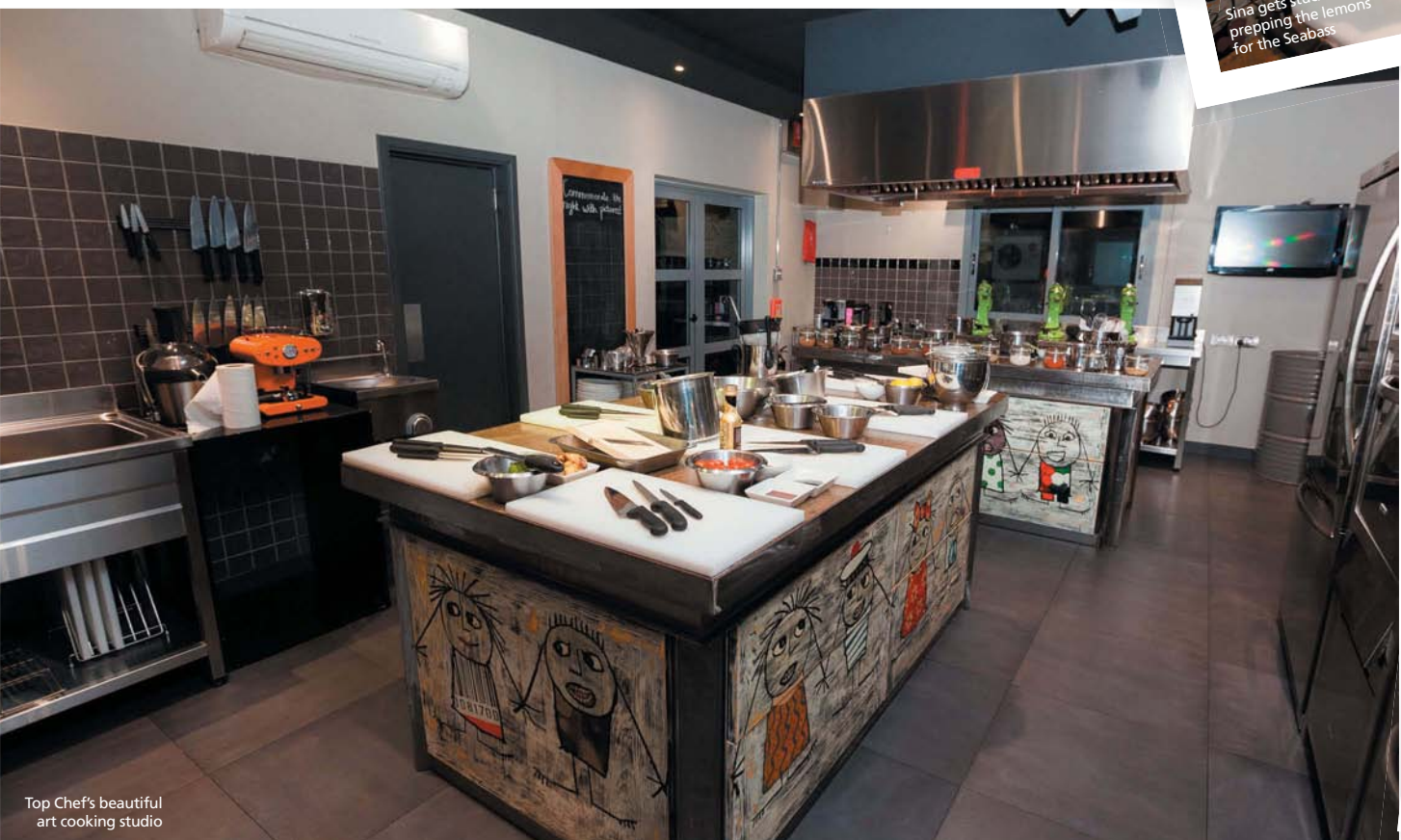
The class strike a pose!



Chef Hadrien preps the class



Sina gets stuck in prepping the lemons for the Seabass



Top Chef's beautiful art cooking studio



# SCALLOPS CARPACCIO MARINATED WITH GINGER AND LIME WITH A FRESH HERB SALAD

## SERVES 5

Scallops have been regarded an aphrodisiac since the legends of Ancient Greece, but while it may have seemed like a myth, scientific research reveals that their chemical compound release feel-good hormones and are the perfect starter for a Valentine's meal

## INGREDIENTS

- 20 fresh scallops
- The zest of 5 limes
- 20g fresh ginger, peeled and julienned
- 2 vanilla pods
- 100ml olive oil
- 250g cherry tomatoes, halved
- ¼ bunch basil
- ¼ bunch chive
- ¼ bunch coriander
- ¼ bunch tarragon
- 5 tbsp soy sauce
- 4 tbsp oyster sauce
- 2 tbsp sesame oil

## METHOD

- 1 Slice each of the scallops thinly into three horizontally sliced pieces.
- 2 Combine the soy and oyster sauces with the sesame oil and set aside.
- 3 Remove the leaves from herbs and refrigerate until needed.
- 4 Open and scrape the vanilla seeds from the pods and combine with the lime zest, julienned ginger and olive oil.
- 5 Pour the mixture over the scallops, then refrigerate for one hour.
- 6 Place the marinated scallops in a layered circle.
- 7 Add the cherry tomatoes and season with salt and pepper.
- 8 Garnish with some of the chopped herbs and drizzle with the soy, oyster and sesame dressing.
- 9 Serve immediately.



The beautiful presentation of the starter



Gourmet ingredients courtesy of Market & Platters



Chef Hadrien steals the limelight...



... and shows us how to segment like a pro



The sleek and chic dining room



# STEAMED SEABASS ON A BED OF LEMONY BABY SPINACH WITH AN ELIXIR OF LOVE

## SERVES 3

Now that you're on a roll from the first course, the ginger and chilli will set to work to fuel the flames of love

## INGREDIENTS

- 5 200g portions of Seabass fillets
- 1 bunch of rosemary
- 2 bunches of lemongrass
- 50g olive oil
- 500g baby spinach
- 50g sesame seeds
- 2 lemons
- 25g of butter
- 2 chicken legs
- 1 onion, sliced thinly
- 1 clove of garlic, crushed
- 1 carrot, peeled and julienned
- ¼ bunch of thyme
- Salt, pepper and olive oil as required

## METHOD

- 1 Cut the rosemary and the lemongrass into five pieces.
- 2 Zest the lemon. Set aside.
- 3 Roast the sesame seeds. Set aside.
- 4 Place the two chicken legs in a large saucepan full of water, add the carrots, onion and garlic and cook for 3 hours.
- 5 Drain all the juice and reduce, until you get a thicker sauce.
- 6 Steam the Seabass skin down with some olive oil, seasoned with salt and pepper to taste, with a stick of rosemary and lemongrass in a bamboo steamer. Simmer for 8 minutes.
- 7 Melt the butter in a saucepan and add the baby spinach, salt and pepper, lemon zests and roasted sesame seeds and cook until the spinach wilts.
- 8 Drain the fat.
- 9 Place the baby spinach in the centre of your plate, top with the Seabass and then drizzle the reduced sauce on top.
- 10 Serve immediately.



A quick class in how to plate like a chef



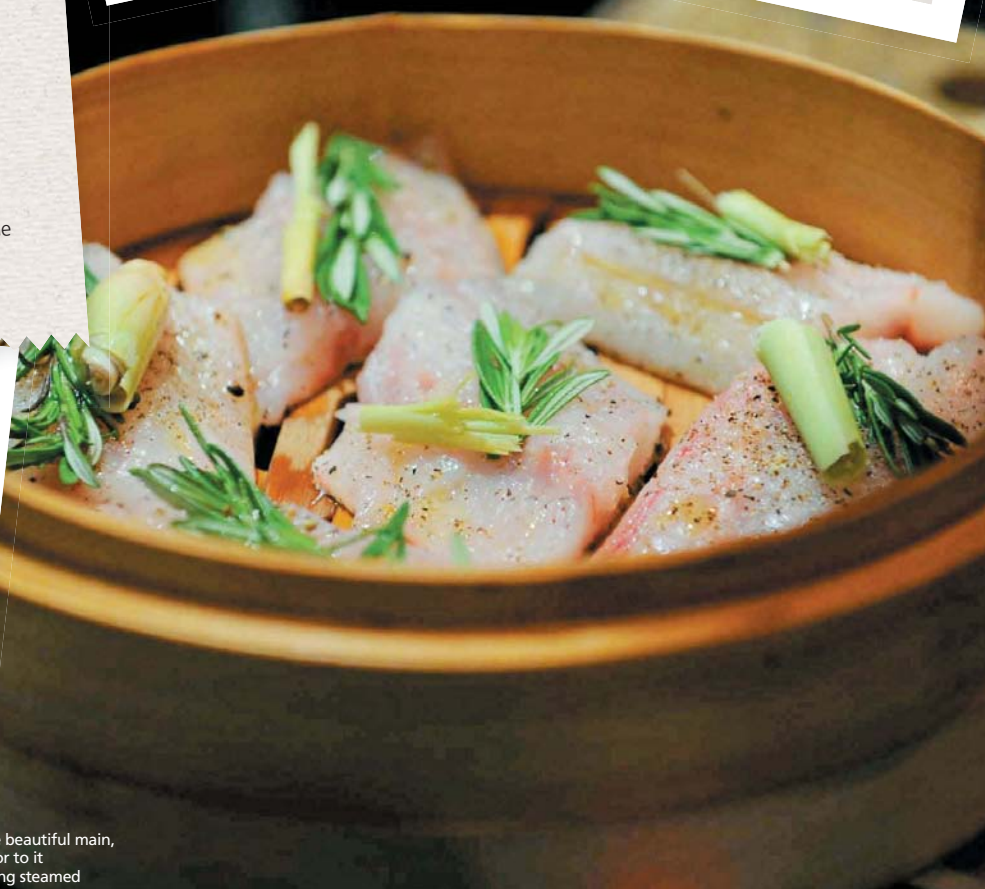
Gorgeous Seabass from Market & Platters



Rajul and Shailesh Matkar



Maryem and Aks show off their plate



The beautiful main, prior to it being steamed





Sina learns all about the fresh herbs

Our moist and moreish fondant



Andy and Geny get cracking!

## WHITE CHOCOLATE FONDANT WITH A RASPBERRY HEART AND CARAMEL CUSTARD

### SERVES 5

Is there anything more sensual than chocolate and berries? Containing phenylethylamine and serotonin, these natural feel-good substances are believed to evoke the same reactions as a body falling in love

### INGREDIENTS

150g white chocolate, plus extra solid pieces for the filling  
150g almond powder  
125g all-purpose flour  
150g butter

4 eggs  
140g of white sugar

10 raspberries

### FOR THE CRÈME ANGLAISE

4 egg yolks

¼ L milk

¼ L cooking cream

60g sugar

### FOR THE CARAMEL SAUCE

1 vanilla pod

120g white sugar

75g cooking cream

### METHOD

- 1 Melt the chocolate and the butter together in a bowl set over a pan of boiling water.
- 2 Whisk the eggs with the sugar, then gradually whisk in the flour, beating constantly to avoid lumps.
- 3 Incorporate the almond flour the same

way and then add the melted chocolate mixture.

- 4 Line round meal cooking rings with baking parchment and fill halfway with the batter.
- 5 Add three chocolate pieces in the middle, then two raspberries and cover again with the batter.
- 6 Open the vanilla pods and scrape the seeds.
- 7 Heat the cream until it reaches a slow rolling boil.
- 8 Melt the sugar for the caramel over a low heat, constantly swirling the pan so that it doesn't burn at the bottom.
- 9 When you achieve a caramel, add the boiling liquid cream gradually to avoid splashing.
- 10 Cook for a further two minutes and set aside.
- 11 To make the crème anglaise, boil the milk and the liquid cream.
- 12 Mix the egg yolks with the sugar and the vanilla seeds.
- 13 Incorporate the hot milk and cream mixture with the eggs in a bowl stirring gently.
- 14 Return the mixture to the saucepan and cook on a low heat until you have a thick sauce.
- 15 Add the caramel, stir to combine and then refrigerate.
- 16 Heat the oven to 200C.
- 17 Bake the fondants for 7 to 10 minutes, or until slightly golden brown.
- 18 Pour some caramel custard on a plate and place the fondant on the side.
- 19 Serve immediately.



The perfect combination of fruit and chocolate



Cha and Mike looking very pleased with themselves



# **gourmet**

**GET IT  
ONLINE!**



**BE INSPIRED**

**FIND ALL OF OUR RECIPES AT...**

[www.ahlanlive.com/gourmet](http://www.ahlanlive.com/gourmet)

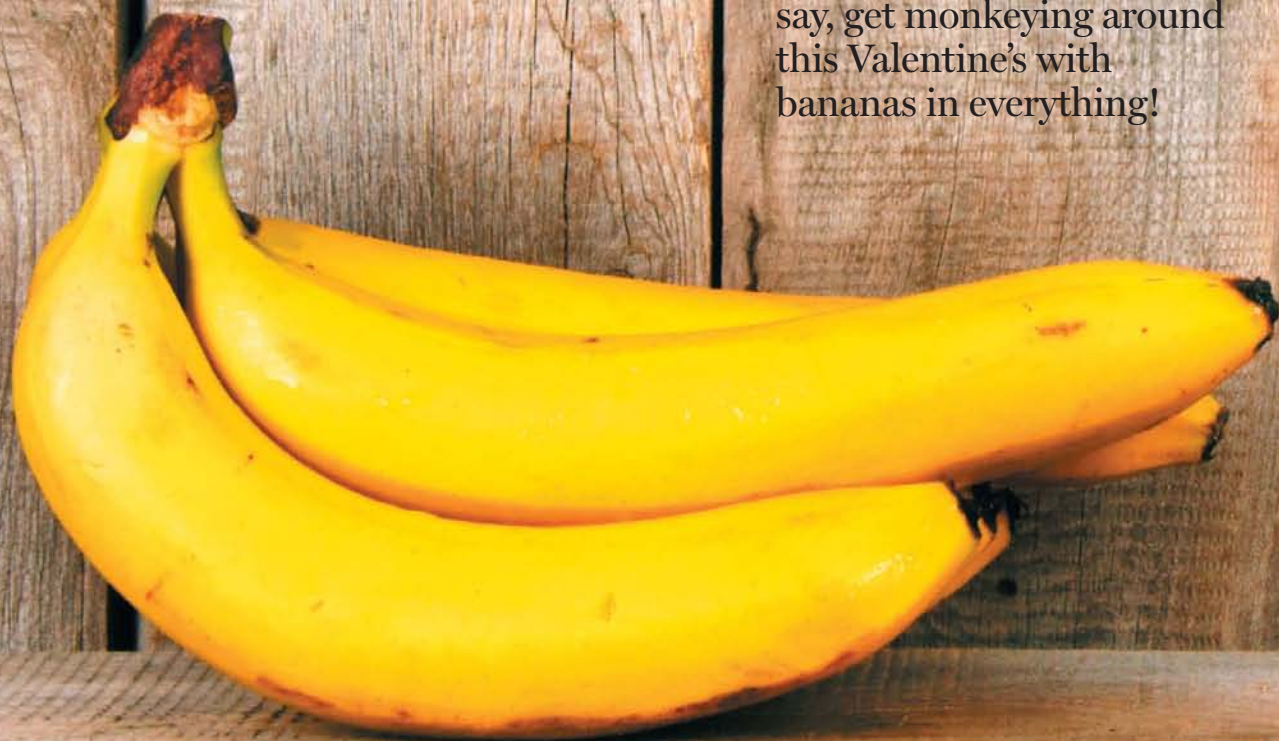
**DELICIOUS INGREDIENTS, EXPERT TIPS & STYLISH ENTERTAINING**



IN SEASON

# Bananas

We'll bet that you didn't know this, but this fruit bowl staple is said to spark romance, having been scientifically proven to be one of the world's most powerful aphrodisiacs. We say, get monkeying around this Valentine's with bananas in everything!





**Did you know...**

The scientific name for banana is *musa sapientum*, which means 'fruit of the wise men'



## CHICKEN AND BANANA CURRY

**SERVES 4**

Before you get to thinking that this dinner might actually taste like dessert, the sweetness from the banana is mild and serves to add extra depth to this dish

### INGREDIENTS

1 large mild onion, roughly chopped  
1 large fresh red chilli, seeded  
5cm piece fresh root ginger, chopped  
3 garlic cloves  
2 tbsp sunflower oil  
1 tbsp garam masala  
450ml chicken stock  
55g ground almonds  
8 skinless boneless chicken thighs  
150g plain low-fat yoghurt  
2 tsp cornflour  
2 large bananas  
2 tbsp chopped fresh

coriander, plus extra to garnish  
2 tbsp toasted flaked almonds (optional)

### METHOD

- 1 Place the onion, chilli, ginger and peeled garlic in a food processor and process to a smooth purée.
- 2 Heat the oil in a large non-stick pan and fry the onion mixture for about 10 minutes or until softened, stirring more frequently towards the end of the cooking time to prevent the mixture from sticking.
- 3 Add the garam masala and stir to mix.
- 4 Pour in the stock and stir in the ground almonds.
- 5 Add the chicken thighs.
- 6 Cover the pan and leave to simmer gently for 25 minutes.
- 7 Mix the cornflour into the yoghurt.
- 8 Add this mixture to the curry and simmer, stirring constantly, until thickened.
- 9 Peel and slice the bananas, then add to the curry with the chopped coriander. Cook for just a few more minutes to warm the bananas.
- 10 Serve the curry hot, sprinkled with coriander and almonds.



## POLENTA BANANA RAMEKINS

**SERVES 12**

*A moist and deliciously comforting winter pudding with a unique and flavourful texture*

### INGREDIENTS

- 1 cup of plain flour
- ¾ cup polenta
- 2 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 4 medium bananas, mashed
- ¼ cup sugar
- 1/3 cup butter
- 1/3 cup and 1 tbsp plain yoghurt

### METHOD

- 1 Preheat oven to 180C and lightly grease 12 ramekins.
- 2 In a bowl combine the flour, polenta, baking powder, baking soda and salt.
- 3 In another bowl mash the bananas and mix in the sugar, butter and yoghurt.
- 4 Add the wet ingredients to the dry, mix until combined.
- 5 Divide the mixture into ramekins.
- 6 Bake for 15 minutes or until golden and cooked through.



## CHEESE AND FRIED BANANA SANDWICH

**SERVES 2**

*Weird? Yes. Wonderful? Totally!*

### INGREDIENTS

- 2 medium-small firm bananas, peeled
- ½ tbsp butter
- 3 tbsp light brown sugar
- ¼ cup orange juice

- 1/8 tsp ground cinnamon
- 1 large jalapeno pepper, cut into thin slices
- 8 thin slices of cheese
- 2 slices of thick-sliced bread

### METHOD

- 1 Cut the bananas in half lengthwise.
- 2 Melt the butter in a non-stick frying pan set over a medium-high heat.
- 3 Add the brown sugar and lay the banana slices on top, cut side up.
- 4 Cook undisturbed for 20

seconds, then add the orange juice and cinnamon.

- 5 Cook for 10 seconds, then turn bananas carefully and cook for 45 to 60 seconds more, basting with the pan sauce. Remove and set aside.
- 6 Butter your bread slices.
- 7 Layer the cheese, jalapenos and fried bananas on top.

### Did you know...

*The type of banana you see in the supermarket is called a Cavendish banana. The preferred variety was originally the Gros Michel, but it became extinct in 1960, thanks to a fungus called Panama disease*







### Fun fact

*If you peel a banana from the bottom up (holding on to the stem like a handle), you will avoid the stringy bits that cling to the fruit inside*

**Did you know...**  
*rubbing a banana peel on your forehead can help cure a headache?*



## BANANA MACADAMIA NUT BREAD

MAKES 1 LOAF

Moist and moreish, this is an amazing afternoon treat with a nice hot cup of tea

### INGREDIENTS

1/2 cup butter, softened  
1 cup light brown sugar  
1 3/4 cups flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 cups mashed bananas  
2 eggs, beaten  
3/4 cup macadamia nuts

### METHOD

- 1 Preheat the oven to 180C and grease and flour a loaf pan.
- 2 In a bowl, mix the butter and sugar until creamy.
- 3 In a separate bowl combine the flour, baking powder and salt.
- 4 Blend the dry ingredients with creamed butter and sugar mixture.
- 5 Add the mashed bananas, eggs and nuts.
- 6 Pour into the loaf pan.
- 7 Bake for 1 hour or until a knife comes out clean.





### Fun fact

India produces more bananas than any other country on the planet, and they are such fans of the crop, that one native once consumed a whopping 81 of them in 30 minutes!



## BANANA AND COCONUT CREAM SHORTBREADS

### MAKES 8 SERVINGS

The combination of lush crisp buttery cookies with ooey-goey banana coconut cream makes this the definition of everything a dessert should be

#### INGREDIENTS

1 cup unsalted butter,  
softened

2/3 cup caster sugar

1 tbsp vanilla extract

425g all-purpose flour

1/2 tsp salt

#### FOR THE FILLING

1 1/2 cups milk

1/4 cup caster sugar

1/4 cup cornflour

1 egg

1 tbsp unsalted butter

1/2 cup desiccated coconut

1 tbsp vanilla extract

3 bananas, sliced thinly  
Canned whipped cream, as  
required

#### METHOD

1 Preheat the oven to 160C.

2 Beat the butter with the sugar and vanilla until fluffy.

3 Beat in the flour and salt until combined and you have achieved a smooth dough.

4 Form the dough into a disc and chill for 45 minutes.

5 Roll out the dough, on a lightly floured surface, about 5mm thick.

6 Use a 6 cm round cutter to cut out 24 circles (re-roll scraps as needed).

7 Place the circles on parchment paper-lined baking sheets.

8 Bake, in batches, for 20

minutes or until pale golden. Cool completely on a rack.

9 Meanwhile, whisk the milk for the filling with the sugar and cornflour in a large, heavy saucepan set over a medium heat and cook, stirring constantly, for 5 minutes or until thickened.

10 Beat a little of the hot milk mixture with the egg in a separate bowl.

11 Whisk the warmed egg mixture back into the remaining milk mixture.

12 Cook, stirring constantly, for 1 minute, until smooth and thickened.

13 Remove from the heat, stir in the coconut and butter.

14 Place a piece of plastic wrap directly over the surface of the custard and allow to cool completely.

15 Place one cookie in the centre of eight serving plates.

16 Top with an equal portion of the custard and banana slices.

17 Repeat this layering process again, before finishing with a third and final cookie on top.

18 Just before serving, garnish with whipped cream, toasted coconut and additional banana slices.





## BANOFFEE PIE

SERVES 8

*This irresistible dessert comprised of bananas, cream and toffee will be as good as gone as soon as it's served*

### INGREDIENTS

400 grams digestive biscuits  
200 grams butter  
2 tins sweetened condensed milk  
1 ½ cups double cream  
3 large ripe bananas  
1 chocolate (for grating decoration)

### METHOD

- 1 Melt the butter and add the crushed biscuits.
- 2 Spread into the bottom of a cake tin and chill in the refrigerator.
- 3 Boil the tins of condensed milk, fully submerged in water for 2 to 2 ½ hours, topping up water as necessary, else the tins will explode.
- 4 When the cans have cooled, spread the toffee over the biscuit base.
- 5 Slice the bananas on top of toffee.
- 6 Whip up the cream using an electric hand mixer.
- 7 Spread the cream over the banana.
- 8 Grate some chocolate on top. Serve immediately.

### Cook's Tip

*Condensed milk can be boiled and kept in the cupboard for months, to make this a super-fast dessert for last minute guests*



## CHOCOLATE AND NUTELLA PUFFS

SERVES 9

*A fool-proof mixture encased in light puff pastry pillows*

## INGREDIENTS

1 egg  
 1 tbsp. water  
 2 tbsp all-purpose flour  
 18 frozen puff pastry squares, thawed  
 6 tbsp Nutella  
 2 medium bananas, cut into 36 slices  
 2 tbsp confectioners' sugar

or unsweetened cocoa powder

## METHOD

- 1 Preheat the oven to 205C.
- 2 Beat the egg and water in a small bowl with a fork.
- 3 Sprinkle the flour on a work surface and place a pastry square on top.
- 4 Brush the edges of the pastries with the egg mixture.
- 5 Place 1 teaspoon of Nutella into the centre of pastry.
- 6 Top with 4 slices banana.
- 7 Top with a second sheet of pastry and press the edges to seal.
- 8 Crimp the edges with a fork. Brush the pastries with

the egg mixture. Place the pastries onto a baking sheet.

- 9 Bake for 20 minutes or until the pastries are golden brown.
- 10 Allow the pastries to cool on a wire rack for 10 minutes.
- 11 Sprinkle with the icing sugar and serve.

**Fun fact**

*More songs have been written about bananas than about any other fruit*

**Did you know...**

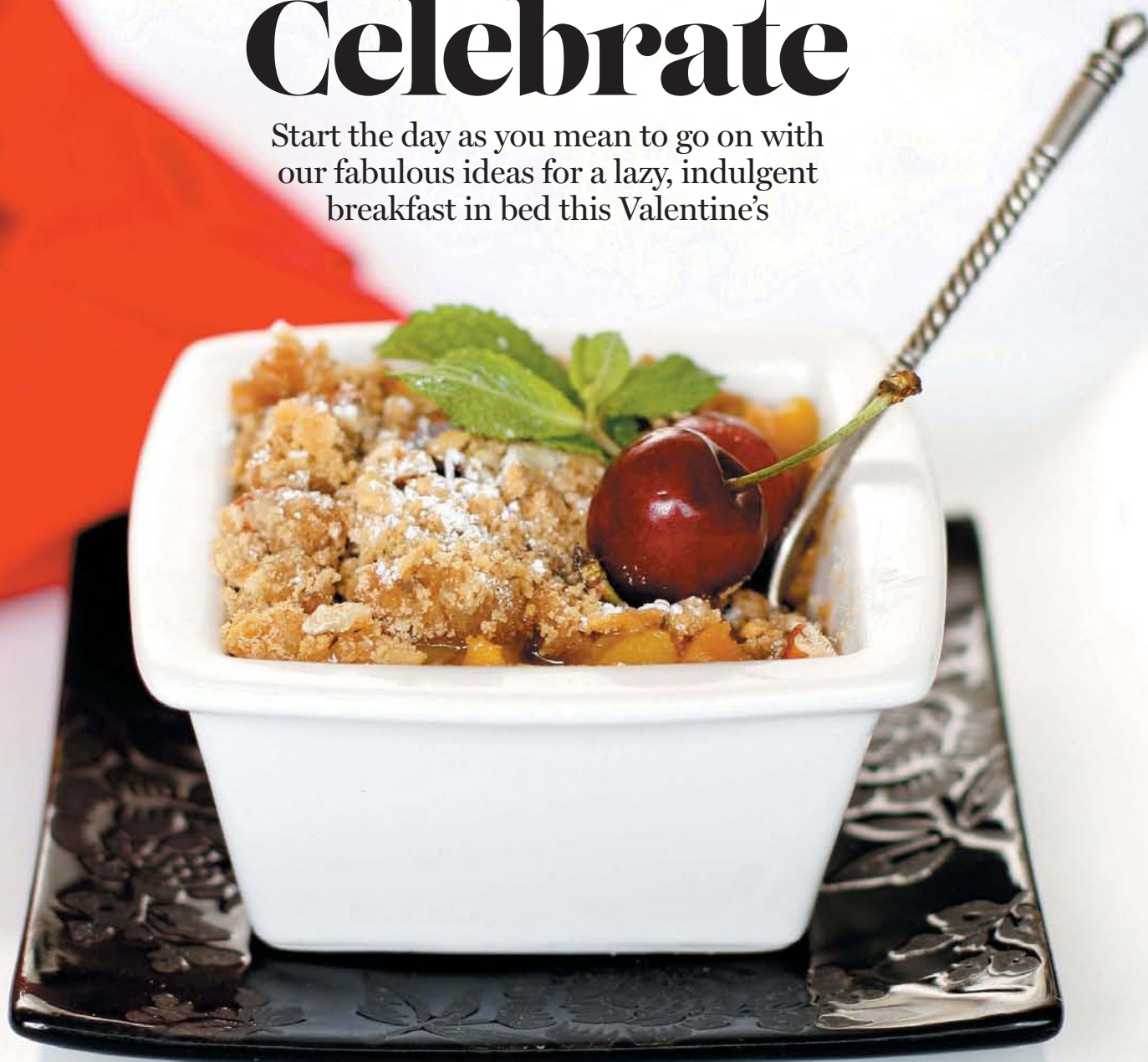
*that bananas can help whiten your teeth naturally? Rub the inside of a banana peel on your teeth for about two minutes every night. If you gargle with salt water, this will heighten the effect. Expect results in about two weeks*





# RISE, SHINE AND Celebrate

Start the day as you mean to go on with our fabulous ideas for a lazy, indulgent breakfast in bed this Valentine's



## MANGO AND PEACH CRUMBLE

**SERVES 4**

*Crumble for breakfast? Why not?*

### INGREDIENTS

3 large mangoes, roughly chopped  
6 ripe peaches, chopped  
2 tbsp caster sugar  
1 cinnamon stick

### FOR THE CRUMBLE

1½ cups cake flour  
½ cup brown sugar  
50g pecan nuts, chopped  
1 tsp ground ginger  
150g butter, cold and cubed  
Mascarpone, to serve  
Icing sugar, for dusting

### METHOD

- 1 Preheat the oven to 180C.
- 2 Combine the mangoes, peaches, caster

sugar and cinnamon in a medium-sized buttered oven dish.

- 3 Mix all the crumble ingredients together, rubbing the mixture with your fingertips until it resembles coarse breadcrumbs.
- 4 Sprinkle the crumble evenly over the fruit and bake until golden brown, about 30 minutes.
- 5 Serve with the mascarpone, dusted with icing sugar.



## SMOKED HADDOCK TART WITH FENNEL AND LEEKS

### SERVES 4

*A twist on Kedgeree, this is breakfast fit for a king*

### INGREDIENTS

450g cured smoked haddock fillets  
4 tsp butter  
2 leeks, finely chopped  
1 fresh fennel bulb, finely chopped  
2 tbsp fresh flat-leaf parsley, finely chopped  
1 tbsp fresh chives, chopped  
2 large eggs  
300ml fresh cream  
Sea salt and freshly ground black pepper, to taste  
4 pre-made puff pastry tart cases  
120g Parmesan  
Crème fraîche, to serve

*Pink peppercorns, to serve  
Beetroot sprouts, to garnish*

### METHOD

- 1 Preheat the oven to 180C.
- 2 Remove the skin and bones from the fish and flake into large chunks.
- 3 Melt the butter in a pan and fry the leeks and fennel for about 10 minutes, stirring occasionally.
- 4 Stir in the parsley and chives.
- 5 In a bowl, whisk the eggs with the cream and season.
- 6 Line the bottom of the tart cases with the leek mixture.
- 7 Add the haddock and carefully spoon in the egg mixture.
- 8 Top with the Parmesan and bake until lightly set, about 20 minutes.
- 9 Top with crème fraîche, a few pink peppercorns and beetroot sprouts.







## WELSH RAREBIT WITH ONION MARMALADE AND MUSHROOMS

**SERVES 6**

*A very posh cheese on toast*

### INGREDIENTS

#### FOR THE MARMALADE

2 tsp olive oil  
2 large onions, sliced  
1 tsp fresh thyme, chopped  
1 garlic clove, chopped  
½ cup sugar  
¼ cup white wine vinegar  
Salt pepper, to taste

#### FOR THE MUSHROOMS

50ml butter  
6 large brown mushrooms, peeled  
and stalked

1 garlic clove, chopped  
1 tsp fresh thyme, chopped  
1 tsp fresh rosemary, chopped  
A squeeze of lemon juice  
Salt and freshly ground black  
pepper, to taste

#### FOR THE RAREBIT

¼ cup butter, softened  
1 tbsp Worcestershire sauce  
A pinch of cayenne pepper  
200g mature Cheddar, grated  
1 tbsp milk  
1 large egg, lightly beaten  
6 thick slices of crusty bread  
Mixed leaves and sprouts,  
to garnish

### METHOD

**1** For the marmalade, heat the oil in a

pan and fry the onions, thyme and  
garlic until soft.

- 2** Add the sugar and vinegar and  
simmer, without stirring, until the  
mixture is syrupy, about 30 minutes.
- 3** Remove from the heat, season and  
leave to cool.
- 4** Prepare the mushrooms, by melting  
the butter in a pan and sautéing for  
about two minutes.
- 5** Add the garlic, herbs and lemon  
juice, fry for two more minutes,  
remove from the heat and season.
- 6** Preheat the grill. Mix together all  
the rarebit ingredients, spread on  
the bread and grill until bubbling  
and brown.
- 7** Serve topped with the marmalade  
and mushrooms.



## SPINACH AND PARMESAN MUFFINS

**MAKES 12 LARGE MUFFINS**

*The winning combination of spinach and cheese never fails to please!*

### INGREDIENTS

#### FOR THE FILLING

200g cream cheese

1 tsp salt

30ml milk

#### FOR THE BATTER

300ml milk

500g self-raising flour

2 tsp baking powder

80g Parmesan, freshly grated

110g Cheddar, freshly grated

½ tsp hot chilli powder

Salt, to taste

100ml olive oil

3 large eggs

125g spinach leaves, finely chopped

A sprinkling of sesame and

pumpkin seeds

### METHOD

- 1 Preheat the oven to 200C. Line a 12-hole muffin tin with paper cases.
- 2 For the filling, combine the cream cheese, salt and milk in a mixing bowl and set aside.
- 3 For the muffins, pour the milk into

a bowl and sift in the flour, baking powder, Parmesan, Cheddar and chilli. Mix well and season.

- 4 Combine the oil and eggs and fold gently into the batter along with the spinach, being careful not to over-mix.
- 5 Divide two thirds of the batter between the muffin cases. Place a dollop of filling on each muffin and top with the remaining batter.
- 6 Sprinkle a few sesame and pumpkin seeds on the muffins and bake until golden, about 25 to 30 minutes.
- 7 Remove the muffins from the oven and leave to cool for 5 minutes before serving. Serve either hot or cold.





# Just The Two Of Us

They say that the way to a man's heart is through his stomach and with these fool proof recipes, we'd say mission accomplished!

## GRILLED BEEF SANDWICH

### SERVES 2

*Nothing will say 'I love you' more than this simple manly sandwich*

### INGREDIENTS

*350g beef steak  
Salt and pepper for seasoning  
2 tomatoes, thickly sliced  
1 French loaf, sliced lengthwise  
¼ cucumber, sliced  
Mixed herb leaves*

### METHOD

- 1 Preheat a grill or barbecue until very hot.
- 2 Season the steaks with salt and pepper, and place on the barbecue or under the grill.
- 3 Cook for 7 minutes on each side.
- 4 Remove the steak, cover with foil and allow to rest for five minutes before slicing thinly.
- 5 Place the tomatoes on the grill and cook lightly on both sides.
- 6 On one slice of the bread, place the mixed herb leaves, tomatoes, cucumber and beef. Top with other slice of bread and serve.











## STUFFED BROWN MUSHROOMS

### SERVES 2

This delicious starter is an explosion of flavour to kick-start your meal

### INGREDIENTS

2 brown mushrooms  
3 tbsp breadcrumbs  
3 spring onions, finely chopped  
2 tbsp mixed fresh herbs  
¼ cup mozzarella cheese  
A few basil leaves, to garnish

### METHOD

- 1 Preheat oven to 200C.
- 2 Remove the stems from mushrooms.
- 3 Mix all the other ingredients and scoop on top of the mushrooms.
- 4 Grill for 10 minutes, or until the cheese melts and browns slightly.
- 5 Garnish with basil leaves and serve.





## PRAWNS ON ROCKET

### SERVES 2

This super-simple side dish is ready in 7 minutes flat!

### INGREDIENTS

30g butter  
100g prawns, peeled and deveined  
1 clove garlic, crushed  
2 tsp red chilli flakes  
A handful of rocket leaves

### METHOD

- 1 Heat the butter in saucepan.
- 2 Add the prawns, garlic and chilli and sauté for 5 minutes.
- 3 Place a handful of rocket leaves in a bowl and top with the prawns.



## CHICKEN KEBABS WITH MUSHROOM RISOTTO AND ROASTED BEETROOT SALAD

SERVES 2

### INGREDIENTS

2 chicken breasts, cubed  
Salt and pepper, to taste  
1 cup Nando's marinade

#### FOR THE RISOTTO

2 tbsp olive oil  
½ onion, finely chopped  
100g Arborio rice  
3 tbsp white grape juice  
½ cup vegetable stock  
1 tsp fresh thyme, chopped  
2 tbsp parsley, chopped  
¼ cup Parmesan cheese

#### FOR THE SALAD

2 beetroots, sliced  
1 carrot, sliced  
15g butter  
½ cup Feta cheese, cubed  
2 tbsp olive oil  
1 tbsp vinegar  
Black pepper, to taste

### METHOD

- 1 Thread the chicken cubes on skewers and season.
- 2 Place the skewers in the marinade, coating thoroughly, refrigerating for 20 minutes.
- 3 Pan-grill the kebabs until tender and cooked. Set aside.
- 4 Place beetroot and carrots on a baking tray. Dot with butter and roast for 30 minutes or until tender. Allow to cool.
- 5 Place the vegetables in a dish and top with Feta cheese.
- 6 Meanwhile, prepare the risotto by heating the olive oil in a saucepan. Add the onion and sauté until translucent.
- 7 Add the rice and stir until all the grains are coated in oil.
- 8 Cook until translucent, about 10 minutes.
- 9 Lower heat, add juice and stir.
- 10 Add a little stock and allow to cook slowly, constantly stirring.
- 11 Add the remainder of the stock, a little at a time, and cook the rice until al dente.
- 12 Remove from heat, stir in the thyme, parsley and Parmesan cheese.
- 13 Combine the olive oil, vinegar, black pepper and drizzle over the salad.
- 14 Top the risotto with the chicken skewers, add a side of salad and serve.







## PROFITEROLES WITH ORANGE MASCARPONE AND ORANGE SAUCE

**MAKES 12**

*A perfect light and airy ending that won't weigh you down*

### INGREDIENTS

1 cup water  
70g butter  
1 cup flour, sifted  
½ tsp salt

4 eggs

### FOR THE FILLING

250g Mascarpone cheese  
3 tbsp orange zest  
2 tbsp icing sugar

### FOR THE SAUCE

100g white chocolate  
20g unsalted butter

1/3 cup cream  
1 orange, juiced

### METHOD

- 1 Preheat the oven to 200C.
- 2 Lightly grease a baking sheet.
- 3 Place the water and butter in a saucepan and bring to the boil, stirring occasionally.
- 4 Quickly pour the flour and salt into the boiling water mixture and beat with a wooden spoon, lowering the heat until the mixture forms a ball. Transfer to a bowl and allow to cool.
- 5 Using an electric hand mixer, beat the eggs in, one at a time, until the mixture is thick and glossy.
- 6 Using two spoons, scoop balls of the mixture on to the baking sheet and bake for 20 minutes or until puffed.

- 7 Reduce the heat of the oven to 180C and bake for another 10 minutes or until golden and crispy.
- 8 Gently slit the puffs to allow the steam to escape and then set aside to cool.
- 9 Prepare the filling by beating the Mascarpone cheese with the orange zest and icing sugar, mixing well until combined.
- 10 Fill the profiteroles with the mixture.
- 11 To make the sauce, place the chocolate, butter, cream and juice into a small heatproof bowl over a saucepan of simmering water, being careful that the water does not touch the bowl. Stir until combined. Set aside to cool.
- 12 Drizzle the profiteroles with the orange sauce and serve.



# All The Single Ladies!

The season of love as a singleton doesn't have to mean weeping into a tub of ice cream. Get busy in the kitchen, grab the girls and have yourself the perfect anti-Valentine's bash



## LAYERED VEGETABLE AND SLICED DELI TURKEY SALAD

### SERVES 4

This low-cal and visually stunning dish is so flavourful, it tastes too naughty to be good!

### INGREDIENTS

4 peppers, red and yellow, halved  
5-6 tbsp olive oil

1 aubergine, thickly sliced  
1 large courgette, thickly sliced  
1 clove of garlic, chopped  
2 tbsp lemon juice  
250g mozzarella, sliced  
80g sliced deli turkey

### METHOD

- 1 Preheat the grill to high and oil a baking tray.
- 2 Place the peppers, skin side

up, on the prepared baking tray and grill until the skin begins to blister.

- 3 Remove from the oven and cover with a damp tea towel to cool. Remove the skin and cut into wide strips.
- 4 Season the aubergine and the courgette with salt and ground black pepper and fry in hot oil in a pan on all sides until golden brown.

- 5 Mix the garlic with a pinch of salt and add 2 to 3 tablespoons of oil and the lemon juice. Season with salt and ground black pepper.
- 6 Using a 10cm dessert ring, layer the vegetables and the mozzarella on top of each other to create a tower.
- 7 Drizzle with the dressing, top with the sliced turkey and hold together with a cocktail stick.



# PANZANELLA WITH GRAPES AND CHERRIES

## SERVES 4

This traditional Italian salad is bursting with contemporary fruity flavours

## INGREDIENTS

1 ciabatta, from the previous day (about 500g), diced  
6 tbsp olive oil  
400g cherries, pitted  
250g green, seedless grapes, halved  
1 handful basil, leaves

removed  
1 tsp honey  
2 tbsp lemon juice

## METHOD

- 1 Fry the bread in 2 to 3 tablespoons of oil until golden and crispy. Pat dry with kitchen paper.
- 2 Mix together the bread and the fruit.
- 3 Mix together the basil, honey, lemon juice and the remaining oil.
- 4 Purée well and drizzle over the salad.
- 5 Serve with a pinch of salt.







## POTATO BREAD WITH CHEESE, FIGS AND ROCKET

**MAKES 6 SANDWICHES**  
Delicious sandwiches to nibble on

### INGREDIENTS

300g flour, plus extra for dusting  
20g fresh yeast  
100g precooked potatoes  
2 tbsp olive oil  
2 tsp mixed herbs – rosemary, thyme, and oregano, chopped

250g Camembert, thinly sliced  
6 ripe figs, sliced  
100g rocket

### METHOD:

- 1 To make the dough, mix the flour with a pinch of salt and create a well in the middle.
- 2 Crumble the yeast into the well and stir in 50ml of warm water.
- 3 Dust with a little flour, then cover and leave to rise in a warm place for around 15

minutes.

- 4 Mash the potatoes and add to the dough along with the oil and 100mls of warm water.
- 5 Knead into a smooth dough, then cover and leave to rise for another 45 minutes.
- 6 Heat the oven to 200C and line a baking tin with baking parchment.
- 7 Roll out the dough on a floured work surface to fit the baking tin.
- 8 Place the dough into the

prepared tin and pierce with a fork a few times.

- 9 Season with salt, ground black pepper and herbs and bake for 25 to 30 minutes.
- 10 Remove the bread from the oven and allow to cool.
- 11 Cut like a cake and then slice horizontally.
- 12 Top one half with rocket, figs and cheese.
- 13 Drizzle with olive oil, season with salt and pepper and place the other half on top to serve.



## COLOURFUL PASTA SALAD WITH COTTAGE CHEESE

**SERVES 4**

*Add a touch of sparkle to your spread*

### INGREDIENTS

500g coloured farfalle  
200g peas  
1 onion, diced  
100g breakfast beef strips, diced  
4 tbsp olive oil  
2 hard-boiled eggs, chopped  
100g sliced cheese, e. g. Gouda, cut into fine strips

### FOR THE DRESSING

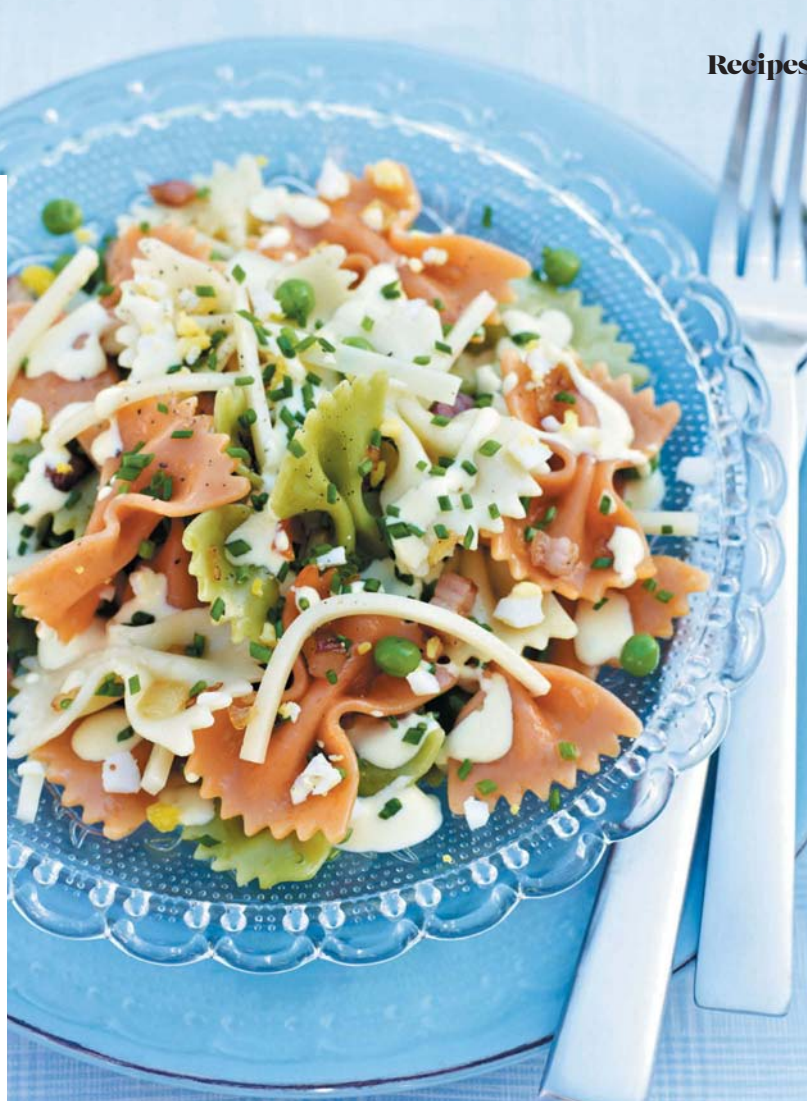
100g cottage cheese  
2-3 tbsp white wine vinegar

### TO GARNISH

2 tbsp chives

### METHOD

- 1 Cook the pasta in salt water until al dente.
- 2 Add the peas during the final 2 minutes, then drain.
- 3 Fry the onion and the bacon in 1 tablespoon of oil and then set aside.
- 4 To make the dressing, mix the cottage cheese with the vinegar, the remaining oil, salt, ground black pepper and a pinch of sugar.
- 5 Mix together the pasta, onion, breakfast beef strips, eggs and cheese and arrange on a plate.
- 6 Drizzle with the dressing and sprinkle with the chives.



## WRAPS WITH RADICCHIO, CUCUMBER AND TUNA

**SERVES 4**

*A creative canapé for lazy chefs*

### INGREDIENTS

150g natural yoghurt  
100g sour cream  
1 handful fresh dill, finely chopped, one sprig set aside  
1-2 tbsp lemon juice  
4 tortillas  
1 small radicchio, leaves finely sliced  
1 cucumber, cut into thin strips  
250g tinned tuna fish, drained

### METHOD

- 1 Mix together the yoghurt, sour cream and dill.
- 2 Season with salt, ground black pepper and lemon juice.
- 3 Heat the tortillas in a hot pan.
- 4 Place some radicchio, cucumber and tuna in the middle of each tortilla and top with the dressing.
- 5 Fold the sides in and roll up.
- 6 Cut in half diagonally and serve on a plate garnished with dill.



## RICE PUDDING WITH BERRY PURÉE

### SERVES 4

*A berrylicious spin on a classic and comforting favourite*

### INGREDIENTS

400ml milk  
200ml cream  
40g sugar  
1 piece unwaxed lemon zest  
1 vanilla pod, sliced open lengthways  
150g pudding rice  
**FOR THE PURÉE**  
250g mixed berries, e. g. strawberries, blueberries and raspberries, chopped where necessary  
1 pear, peeled, cored and diced  
1 orange, juiced  
1 tbsp honey  
Mint, to garnish

### METHOD

- 1 Place the milk, cream, sugar, lemon zest and the vanilla pod in a pot.
- 2 Bring to the boil and add the rice.
- 3 Cover with a lid and cook for around 25 minutes on a medium-low heat.
- 4 Stir occasionally and if necessary add a little more milk.
- 5 Mix together the berries and the pear and set 4 tablespoons aside to garnish.
- 6 Place the rest in a pot along with the orange juice and the honey and bring to the boil.
- 7 Purée the mixture, sieve and leave to cool.
- 8 Remove the vanilla pod and the lemon zest from the rice pudding and allow to cool, stirring occasionally.
- 9 To serve, layer the rice pudding and the purée in glasses and garnish with fruit and mint.







## FRUIT COMPOTE WITH MERINGUE

**SERVES 4-6**

Striking the perfect balance between being both sweet and tart, this is a perfect sugar fix that will pick you up as opposed to weighing you down

### INGREDIENTS

1 pineapple, peeled and diced  
1 papaya, peeled and diced  
4 nectarines, peeled and

diced  
200ml passion fruit juice  
200ml coconut milk  
2-3 tbsp brown sugar  
1 lime, juiced  
2 oranges, juiced  
2 tbsp cornflour  
**TO GARNISH**  
Shop-bought meringues  
Fresh mint, chopped

### METHOD

**1** Mix together the fruit, passion fruit juice, coconut

milk, sugar, lime juice and the juice of one orange in a pot and bring to the boil.

- 2** Mix the remaining orange juice with the cornflour and, stirring continuously, gradually add the mixture to the fruit to bind it together.
- 3** Remove from the heat and allow to cool.
- 4** Transfer to a bowl and serve garnished with crumbled meringue and mint leaves.





# Flavours of France

Paris: The epicurean delight for the romantic foodie

**I**F YOU'RE LUCKY ENOUGH TO BE PLANNING A GETAWAY THIS VALENTINE'S, there is no more a romantic destination than Paris, known as the city of love. As you stroll through the city, every nook and cranny prompts the making of romantic memories. However, beyond the fairytale setting and numerous sightseeing trips, Paris is a top culinary escape and a gourmand's dream, famous for its patisseries, chocolate and fine dining.

When it comes to food in Paris, it's not a case of what they make, but how they

make it. Staples such as bread come in the form of artisanal loaves and baguettes; butter, especially the hand churned variety from Bordier is impossible to resist, and comes in a variety of flavours from speckled salted varieties to the more exotic yuzu infused. Possibly a nation of the most refined palates in the world, there is never a chance of you ever going hungry and if you can stop gorging on the bread and butter for long enough, there is a whole enticing world of deliciousness to explore.

In the UAE, we are lucky enough to experience some of these concepts on home turf such as Eric Kayser in The Dubai Mall, famed for their baked goods, Pierre Hermé, in Mall of the Emirates, renowned for



## Top 10 Dishes to Try



### 1 Pastries

Pastries in Paris are an art form, with the city heaving with an abundance of patisseries like buttery, flaky croissants, and popular filled varieties such as the pain au chocolat, stuffed with dark cocoa slabs and the pain au raisin, a swirly pastry with a sweet custard and raisins. Head to Lyczak Michel for the best versions. **INFO:** 68 Rue Paul Vaillant Couturier, 92240 Malakoff, +33 1 46 55 07 97

### 2 Moules

When they're in season, you'll see signs for moules (mussels) on chalkboards in front of restaurants all over Paris. They're a must-have, and worth trying even if you've had mussels in other places. For a variation from the norm, try 'mouclade', which is a dish of mussels baked in a cream sauce. One of the best places to indulge is at Leon de Bruxelles.

**INFO:** 8 Place de Clichy, +33 1 48 74 00 43, [www.leon-de-bruxelles.fr](http://www.leon-de-bruxelles.fr)



### 3 Croque Monsieur or Madame

The monsieur version of this posh grilled cheese toastie is a topsy-turvy version of what you'll find elsewhere in the world, with the cheese, usually Gruyere or Emmental on the outside with a filling of meat encased within. When a poached or fried egg is added on top, the monsieur becomes Croque Madame. Try them at Le Petit Cler. **INFO:** 29 Rue Cler, +33 1 45 50 17 50

### 4 Crepes

Whether savoury or sweet - a buckwheat galette filled with meat and cheese and with or without the egg, or a traditional crepe with Nutella and bananas or simply au beurre-sucre (butter and sugar) is one of the best street foods in Paris and also one of the cheapest, at under Dhs18 a pop. Try Crêperie de Josselin, which is hailed by many as being the best. **INFO:** 67 rue du Montparnasse, 14th arrondissement, +33 1 43 20 93 50

### 5 Steak Frites

This is a good cut of beef usually entrecote, dressed with buttery béarnaise or other special sauce, served with a side of crisp French fries. The good news is that the best you will find is probably at Relais de l'Entrecote which also has a presence in Dubai. **INFO:** 20 Rue Saint-Benoît, +33 1 45 49 16 00

making the best macarons in the world and the newly opened le Relais de l'Entrecote in Downtown Dubai for a Parisian steak that the masses will queue around the block for, so there is an affiliation and comfort factor associated with eating in the French capital, so do your homework about what you do and don't like prior to going.

### BISTRO VS RESTAURANT

There is a certain etiquette in Paris when it comes to dining. In France, a meal is a very relaxed affair, so don't expect a quick bite. For the best experience, it's also crucial to know what kind of dining experience you want. For instance, bistros and restaurants are two entirely different ball games. A bistro is where you go for casual dining, but they are super-busy and cramped; a frenetic affair of bustling crowds and only a few servers. Don't expect the waiter to read your mind when you need more water - they are far too busy serving up orders from the kitchen to notice. If you need something, ask! In contrast, restaurants are more spacious and you are likely to have a dedicated server that will cater to your every need, which is more suited to intimate dining.

### UNDERSTANDING THE MENU AND HOW TO ORDER

Don't expect your server to translate the menu to you. Do your homework and know the key words for your exact preferences. Learning that 'boeuf' is beef or 'poulet' is chicken isn't quite enough as there will be several varieties that won't be depicted this way on the menu.

Order quickly, and your entire meal in one go, so you are then free to graze and enjoy your lunch or dinner at leisure,

without putting out the waiting staff. The mandatory bread basket in other parts of the world prior to your meal is not applicable here. Bread is served with the meal as an accompaniment, predominantly to mop up the delicious sauces on your plate.

### DINING ETIQUETTE

Be on time, not earlier and not later than your reserved time. If you're in a bistro, go to the bathroom before the meal instead of disturbing your fellow diners who have already stopped eating just to move the tables apart so you can be seated. Disturbing them again to let you pass mid-meal is deemed uncourteous.

Be polite and don't disturb other diners, no matter how closely you are seated. Address your server as 'Monsieur' or 'Madame' and when it comes to tipping (a mandatory requirement of about 10 per cent of the bill), most eateries won't accept the gratuity on a credit card, so make sure you have enough cash, and that too in notes. Leaving coins is considered insulting. Finally, once you have paid the bill, make a quick exit and be sure to speak to the owner or server about your experience and thank them before you leave.







## Top 10 Dishes to Try (cont.)



### 6 Pot au Feu

Originally a rustic dish that was stewed continuously all winter and topped up as needed, pot-au-feu (pot-in-the-fire) is regarded as France's national dish. It's a warming, fragrant dish of stewing steak, root vegetables, and spices. Traditionally, cooks sieve the broth and serve it separately from the meat. For the real deal, head to Au Coin Pasteur Le Pot au Feu.

**INFO:** 59 Boulevard Pasteur, +33 1 43 20 79 80



### 7 Fromage

When in Paris, you must try the various cheeses served at local fromageries throughout the city. If you'd like a wedge with your meal, ask the waiter for a chariot de fromage and a trolley will be wheeled to your table. Remember that cheese is served post-meal, often in lieu of dessert.



### 8 Macarons

Not to be confused with the coconut macaroon, macarons are an ultra-light confectionery made from egg whites, sugar, ground almonds and food colouring, served in a rainbow of flavours that range from vanilla to lavender and everything in between. The most famous macarons come from the shop that started it all, Ladurée. **INFO:** 16-18 Rue Royale, +33 1 42 60 21 79, [www.laduree.com](http://www.laduree.com)

### 9 Ile Flottante

This is a wonderfully light dessert, consisting of a poached meringue 'floating' in a pool of crème anglaise (custard sauce). Try it at Le Bistrot Paul Bert.

**INFO:** 18 Rue Paul Bert, +33 1 43 72 24 01

### 10 Chocolate

Although chocolate wasn't invented in Paris, there's a long list of famed chocolatiers such as Patrick Roger, who's well-known by food connoisseurs like David Lebovitz for his rochers (featuring a contrast of smooth praline filling and crunchy hazelnut flecks), ganaches, or dark chocolate complemented by flavours like lime or hot pepper. Don't miss his seasonal, and always quirky, store windows.

**INFO:** 108, Blvd. St. Germain, +33 1 43 29 38 42

## Where to Celebrate Valentine's



### L'ÉPICURE

This is fine dining at its best, ranked number one on *TripAdvisor*. Head chef Eric Frechon is a renowned cook who claimed the third Michelin star for Epicure in 2009 and it's his blend of modern and traditional techniques that are responsible for his rise to recognition. The restaurant includes an à la carte, 4-course seasonal and 7-course tasting menu which includes a variety of luxurious treats, including blue lobster and langoustines with caviar. Located next to Hôtel Le Bristol in their French-themed garden, you can enjoy the scenery as you eat, making it a great setting for a romantic evening for two, and certainly worth dressing up for.

**INFO:** 112 Rue du Faubourg Saint-Honoré, +33 1 53 43 43 40



### LAPÉROUSE

Founded in the 18th century, this glorious eatery is the epitome of timeless romance, priding itself



### LE JULES VERNE

For a truly breathtaking view of Paris at night twinkling in all its glory, head to this famous haunt located on the second floor of the Eiffel Tower. With multi-Michelin starred chef, Alain Ducasse at the helm, this is where French classics are given a contemporary twist with dishes such as remoulade-style lobster with celeriac, black truffle and wild apple salad, and medallions of venison cooked in a cocotte, with winter vegetables and fruit, are served with the gentle spice of poivrade-style sauce. On Valentine's itself, the restaurant's set menu will include marinated gilt-head bream, with gold caviar and a mimosa garnish, with a cheese course and chocolate desserts to end.

**INFO:** Dhs1,700 per person or Dhs2,400 paired with a selection of grape throughout the meal, Restaurant Tour Eiffel, Avenue Gustave Eiffel, 75007, Paris, +33 1 45 55 61 44, [www.lejulesverne-paris.com](http://www.lejulesverne-paris.com)

on the décor which has remained intact since it first opened. Something of a historical monument, it gained notoriety for its food as well as its drinks among some of France's most famous writers and intellectuals, which saw it rise through the ranks to become one of Paris' ultimate gastronomic destinations. There are a number of private rooms in addition to the main restaurant for your intimate dining pleasure,

with luxurious ingredients such as truffles and lobster, menu mainstays. In addition, here is where you will find the famed French dish of Crêpes Suzette and a dessert that dates back some 100 years, comprised of chestnuts, white chocolate and clementine sorbet, whose recipe remains unchanged to this day.

**INFO:** 51 Quai des Grands Augustins, 75006, Paris, +33 1 43 26 68 04, [www.leperouse.com](http://www.leperouse.com)







## A Taste of Paris

### ÎLES FLOTTANTES

SERVES 4

#### INGREDIENTS

4 eggs  
60mls milk  
2L water  
1 vanilla pod  
30g flaked almonds  
130g caster sugar  
60g of sugar cubes  
½ lemon  
A pinch of salt

#### METHOD

**1** Boil the milk with the vanilla. Allow five

minutes for the vanilla infuse and then remove and discard the pod.

- 2** Separate the egg yolks and beat them with 80g of the sugar.
- 3** Add the hot milk and then bring the pan back to the stove on a low heat to thicken the mixture.
- 4** Stir constantly with a wooden spoon and without boiling the cream.
- 5** When the white foam from the surface disappears, remove the pan.
- 6** Allow the mixture to cool, before placing in the refrigerator and allowing to cool completely.
- 7** In a large saucepan, bring 2 litres of water to the boil. Beat the egg whites

with a pinch of salt and slowly add 30g of sugar.

- 8** Form balls with the egg whites using two spoons and allow to poach in the boiling water for one minute.
- 9** Remove the balls and drain on paper towels.
- 10** Toast the almonds in a pan and then remove and set aside.
- 11** Use the remaining sugar, a squeeze of lemon and 2 tablespoons of water to make a caramel.
- 12** Place the custard in a bowl, top with the poached meringue.
- 13** Drizzle with caramel and some almonds before serving.



# THE UPPER CRUST

*No matter what the  
filling, everything  
tastes better  
encased in...*

PASTRY





## SALMON AND AVOCADO PARCEL

**SERVES 4**

*A combo that's high in Vitamin E and omega 3 fatty acids for a healthy heart and glowing skin to boot!*

### INGREDIENTS

6 sheets filo pastry  
4 tbsp butter  
400g salmon  
2 avocados

### METHOD

- 1 Preheat oven to 180C.
- 2 Grease a 24cm rectangular quiche dish.
- 3 Melt the butter, roll out the pastry and brush each sheet with butter.
- 4 Work quickly and keep pastry covered with a damp tea towel to prevent from drying out.
- 5 Place the pastry sheets in the dish, overlapping each other slightly, and press to form a basket and bake for 10 minutes.
- 6 Remove from the oven and cool to room temperature.
- 7 Top with layers of salmon and avocado slices, and garnish with salmon rosettes.

## CHEESE AND PRAWN PUFFS

**MAKES 10**

### INGREDIENTS

500g frozen puff pastry, thawed  
30g butter  
1 onion, finely chopped  
1 x 400g frozen cocktail prawns  
½ cup grated cheese  
1 egg, beaten

### METHOD

- 1 Preheat oven to 220C.
- 2 Roll out pastry until 5mm thick, and then cut into 20 rounds. Set aside.
- 3 Melt the butter in a saucepan, add the onion and sauté until translucent.

- 4 Add the prawns and cook for 2 minutes.
- 5 Remove from heat, add the cheese and mix together.
- 6 Place a teaspoon of filling in the centre of a round, brush edges with egg and cover with another round.
- 7 Seal edges with fork and brush again with egg.
- 8 Place in a prepared baking tray and bake for 15 to 20 minutes.



*Did you know...*  
...The antioxidants in seafood act as a beauty booster, promoting healthy eyes and skin







## LEMON AND GINGER CHICKEN PIE

### MAKES 2

*This yummy pie is bursting with flavour and health properties. While the garlic boosts the immune system and detoxes the liver, which is brilliant after the festive season, the ginger facilitates digestion.*

### INGREDIENTS

500g frozen puff pastry, thawed  
1 egg, beaten  
3 tbsp olive oil  
1 onion, chopped  
4 chicken breasts, cut into strips  
1cm stalk fresh ginger, chopped  
3 cloves garlic, finely chopped  
Zest and juice of 1 lemon  
1 tsp honey  
Salt and pepper, to taste

### METHOD

- 1 Preheat oven to 220C.
- 2 Roll out pastry to 5mm thickness and then cut into four equal squares.
- 3 Brush with egg.
- 4 Place the squares on a greased baking sheet and bake in the oven for 15 to 20 minutes or until golden brown. Remove and set aside.
- 5 Heat the oil in large frying pan set over a medium-high heat.
- 6 Add the onion and sauté until translucent.
- 7 Add the chicken and cook until browned.
- 8 Add the ginger, garlic and lemon zest and cook for another five minutes.
- 9 Add the lemon juice, honey, seasoning and cook until combined.
- 10 Place the filling on one square of pastry and seal with another square. Serve with your salad of choice.

## BROCCOLI AND FETA QUICHE

### SERVES 4

### INGREDIENTS

500g shortcrust pastry, thawed  
150g broccoli, cut into florets  
150g feta cheese, cubed  
3 eggs  
1 cup milk  
1 cup sour cream  
1 tbsp lemon juice  
4 tbsp Cheddar cheese, grated  
½ tsp mustard powder  
½ tsp salt  
Freshly ground black pepper, to taste  
1 tsp fresh chopped herbs

### METHOD

- 1 Preheat oven to 160C.
- 2 Roll out the pastry and press into the sides of a 24cm quiche dish.
- 3 Prick the base with a fork and bake for 10 to 15 minutes.
- 4 Steam the broccoli for three minutes.
- 5 Spoon the broccoli into the quiche dish and sprinkle with feta cheese.
- 6 Beat the eggs, milk, sour cream and lemon juice together.
- 7 Add the Cheddar cheese, mustard powder, seasoning and herbs and pour onto the base.
- 8 Bake for 45 minutes or until the quiche has set.



### Did you know...

...that broccoli helps in the fight against cancer and relieves symptoms of menopause?





## CURRIED MUSSEL CHOUX PUFFS

**MAKES 12**

The trick to great choux pastry is to add the flour right away once the butter hits boiling point and all at once so that you don't boil off too much liquid and allow the dough to cool slightly before adding the eggs

### INGREDIENTS

60g butter  
½ cup water  
½ cup cake flour  
2 extra large eggs

### FOR THE FILLING

1 tbsp olive oil  
1 medium onion, chopped  
2 tsp curry powder  
100g mussels, cooked  
4 tbsp cream  
2 tbsp parsley, chopped

### METHOD

- 1 Preheat oven to 200C.
- 2 Sift the flour into a small bowl.
- 3 Place the butter and water in a saucepan and heat until the butter is melted.
- 4 Bring to the boil and remove from the heat.

- 5 Add the flour and stir well with a wooden spoon until the mixture forms a ball in the centre of the saucepan.
- 6 Allow to cool slightly.
- 7 Add the eggs one at a time, beating well after every addition, until you achieve a smooth pastry.
- 8 Pipe or spoon the mixture onto a greased baking tray, and bake for 18 to 20 minutes until puffed and golden.
- 9 Remove and cut a slit along the side to allow the steam to escape.

- 10 Return to the oven for two minutes to dry out.
- 11 Remove the buns and set aside.
- 12 Heat the oil for the filling in a saucepan set over a medium high heat.
- 13 Sauté the onion until translucent and soft.
- 14 Add the curry powder and mussels and cook for five minutes.
- 15 Add the cream and remove from the heat.
- 16 Stir in the parsley.
- 17 Spoon the filling into the choux puffs and serve.





## APPLE TART

### MAKES 6

If you're looking for the health element in this comforting dish, the apples should give you the license to indulge, as they contain pectin which help lower cholesterol, and antioxidants which rid the body of unwanted nasty bacteria

### INGREDIENTS

500g frozen shortcrust pastry, thawed  
50g butter  
1 can apple slices  
100g sultanas  
125g pecan nuts, chopped  
3 tbsp brown sugar

### METHOD

- 1 Preheat oven to 220C.
- 2 Grease a 13cm quiche baking tin with cooking spray and set aside.
- 3 Roll out the pastry to 3mm thick and line the quiche tin.
- 4 Cover with baking parchment, fill with baking beans or rice and blind bake for 10 minutes.
- 5 Heat the butter in a saucepan. Sauté the apples, sultanas and nuts for 5 minutes.
- 6 Stir in the sugar and cook until all the liquid has evaporated. Set aside to cool.
- 7 Once cool, spoon filling into the pastry bases and serve.

## What's the Difference?

Distinguished by its preparation and rolling technique, there are six main pastry types with which to prepare everything from pies and tarts to quiche. All pastries use butter as leavening except for choux pastry, which uses eggs, and Danish or croissant pastry, which uses yeast

### FLAKY PASTRY

This type is similar to puff pastry, but the main difference is that large lumps of butter are mixed into the dough, as opposed to the large rectangle of butter used in puff. The chunks of butter keep the rolled particles of dough in the pastry separate from each other, so that when

the dough is baked they become flakes.

### DANISH OR CROISSANT PASTRY:

Yeast is used as the leavening agent and butter is spread on the dough, which is then repeatedly folded and rolled to give layers to the end product.

### CHOUX PASTRY

This pastry has a high moisture content, which contains butter, water, flour and eggs. It is the steam produced during the baking process which puffs out the pastry.

### PUFF PASTRY

This type is spread with butter or margarine and

repeatedly folded and rolled out to give layers and puffiness to the end product.

### SHORTCRUST PASTRY

Butter is rubbed into the flour then combined to form a ball. It is used as a base for tarts and quiches and does not puff up when baked

because it usually doesn't contain any leavening agent.

### FILO PASTRY

A laminated dough comprised of paper-thin sheets of unleavened flour, separated by a thin film of butter. This pastry is stretched to size rather than rolled.



## SUMMER BERRIES CROISSANTS

**MAKES 20**

You might argue that croissants are too fattening, but the Vitamin C in the berries helps to build collagen in skin, curbing the development of varicose veins as ageing progresses... even more reason to indulge!

### INGREDIENTS

1kg flour  
2 tbsp white sugar  
2 tsp salt  
2 tsp instant dry yeast  
100g butter, melted  
500ml lukewarm milk  
2 jumbo eggs  
2 tsp fresh lemon juice

300g butter, thinly sliced  
1 egg, beaten  
500ml cream, whipped  
1pkt frozen summer berries


### METHOD

- 1 Preheat the oven to 220C and grease a baking tray.
- 2 In a bowl, mix the flour, sugar and salt together, then add the yeast.
- 3 Add the melted butter to the milk and mix to combine.
- 4 Pour the milk and butter mixture into the dry ingredients, then add the eggs and lemon juice.
- 5 Mix and knead until smooth and pliable dough is formed.
- 6 Wrap in clingfilm and leave to

rest for 20 minutes.

- 7 Turn the pastry onto a lightly floured surface, and roll out into a rectangle.
- 8 Cover two-thirds of pastry with the slices of butter and fold the unbuttered pastry over the middle third and remaining third over the top. Seal the ends.
- 9 Roll out the pastry into a rectangle, fold in three, seal the ends and turn.
- 10 Wrap with cling film and place in the fridge for 20 minutes.
- 11 Repeat the rolling and folding three times, placing in the fridge for 15 minutes each time.
- 12 Turn the pastry out onto a

lightly floured surface and roll out into a rectangle.

- 13 Using a sharp knife, cut pastry into four equal strips width-wise.
- 14 Mark points 10cm apart, making diagonal cuts to form triangles.
- 15 Starting at the base, roll up each triangle and place on a prepared baking sheet. Curl ends in a crescent shape. Brush with egg, cover and leave to proof for 30 minutes.
- 16 Bake for 20 minutes or until golden brown.
- 17 Cut the croissants in half, fill with whipped cream and spoon the berries on top. 





TOP TIPS FOR...

# Chocolate Lava Cakes

The famous dessert made easy



## CHOCOLATE LAVA CAKE

### SERVES 2

This is the perfect end to any Valentine's Meal with an oozingly rich gooey centre that seduces the tastebuds. Here are some fool-proof tips to achieve the perfect melting middle...

### INGREDIENTS

100g chocolate

100g unsalted butter, softened  
3 egg yolks  
1 whole egg  
¼ cup caster sugar  
¼ cup flour  
Cocoa powder for dusting

### METHOD

- 1 Preheat the oven to 230C.
- 2 Grease your ramekin or muffin tin generously

with softened butter and unsweetened cocoa powder. Freeze until well set, about 15 minutes.

- 3 Melt the chocolate in a bowl set over a pan of steaming water, making sure that the bowl doesn't touch the liquid.
- 4 Beat the egg yolks, whole egg and caster sugar together until almost double
- 5 Slowly fold the chocolate into the egg mixture.
- 6 Once all the ingredients are incorporated, pour the mixture into your prepared tin or ramekins.
- 7 Bake for 7 to 9 minutes or until a dome forms on top.
- 8 Serve with ice cream.



### DO

Use chocolate with a 60 per cent or higher cocoa content



### DO

Use cocoa powder instead of all purpose flour when preparing your ramekin or muffin tin for a perfect finish



### DON'T

Beat the air out of your cake. Gently fold the mixture for optimum results



### DON'T

Chance it. Always use a timer





# كارفور Carrefour

## Barbeque Marinated Flank Steak

### Ingredients:

- 750 to 1kg NZ Flank steak
- 1/2 cup olive oil
- 1/3 cup soy sauce
- 1/4 cup red vinegar
- 2 tablespoons fresh lemon juice
- 1&1/2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 3 cloves garlic, minced
- 1/2 teaspoon ground black pepper
- 1 bunch of Kale or Spinach
- 500gr Button or sliced mushroom

### Directions:

- In a medium bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper. Keep some garlic for the Mushroom and Kale dish.
- Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover and refrigerate for 6 hours.
- Preheat grill for medium-high heat. Place steaks on the grill and grill meat for approximately 5 minutes per side, or to desired doneness.
- Slice steak thinly across the grain and serve with sautéed garlic mushrooms and kale (hot or cold) with a fresh garden salad.

اتصلو بنا على الرقم المجاني  
Carrefour toll free number  
**800 7 32 32**

Carrefour كارفور

LOW PRICES AND SO MUCH MORE! أكثر بكثير من مجرد توفيراً

<https://carrefouruae.com/webstore>

[www.carrefouruae.com](http://www.carrefouruae.com)

كن على حق  
واعرف حقوقك المستهلك  
Be Right  
Know Your Consumer Rights  
[www.consumerrights.ae](http://www.consumerrights.ae)  
"Amman Dubai" "أمان دبي"  
600 522225 243459



# Top Chef

COOKING  
STUDIO

*"Top Chef Cooking Studio offers an unforgettable, fun and interactive culinary experience in a unique and Arty setting"*

Located in the heart of Jumeirah 1, Top Chef Cooking Studio offers cooking classes for adults & children, private culinary events & birthday parties as well as corporate team events. Our professional Chefs look forward to sharing their passion for food with you.

Reservations: [booking@topchefdubai.com](mailto:booking@topchefdubai.com)

## TOP CHEF AT HOME

*"A culinary treat at your table"*

Looking to impress? Treat your guests to a gourmet private dinner in the comfort of your home prepared for you by our Chef, just sit back, relax and we take care of everything!